

# NEW CONNEXION

PACIFIC NORTHWEST'S JOURNAL OF CONSCIOUS LIVING

SEPT/OCT 2013

Lessons from the Hive 19

Natural Mind 6



## Possibilities: Imagining a Better Future

By J. Zohara Meyerhoff Hieronimus



John Petersen is a professional futurist who says you can't predict the future. Instead "what can be accomplished is to create possible or probable scenarios and to account for as many contingencies as possible."

Petersen's Arlington Institute helps military and other government institutions and corporations do just that. His book *Out of the Blue: Wild Cards and Other Big Future Surprises* presents a dizzying array of 84 possibilities of things that could happen in our near and distant future. In creating a database to examine what our future could be like, Petersen ranked the impact any one change in society or our environment might have. He rates the length of time its impact will last and to what degree it is capable of altering the life of the individual, a certain societal sector or society overall.

"You can't predict the future," he insisted in an interview. "There is no way you can do that, and anyone who says they can do that hasn't thought about the underlying science. There are too many variables that can make the future different than you thought. The best process is to build alternative pictures in your mind: logical, credible routes or thematically designed pictures, which we call scenarios. These are not things you draw out of the air—you build a spectrum of possible futures. Once you do this, the images that lay in your mind are put against current events in far more effective terms. You can see them in terms of future possibilities."

Describing how the material world is impacted by thought, Petersen continued, "You have already thought about what you are seeing suggestions of. That puts you in a position to anticipate and see the implications of things."

As theoretical physicist Fred Alan Wolf, Ph.D., explains it, these are the things that will pop out at us. Sports psychologists have demonstrated convincingly that when an athlete visually rehearses a sports task in their mind it makes for a more effective execution of it. In the same way, imagining the future by running through various situations in our minds prepares us for various possibilities. Wouldn't it seem logical,

therefore, that we could better shape the future by already having thought about the outcome of certain actions?

As Petersen explained, "You have to come up with a system that, given the least number of factors, can account for and adapt to an unknown number of situations." Most interesting to me was the category Petersen calls wild cards for their low probability but very high impact.

### Wild Cards

Petersen explained that wild cards "have a direct effect on the human condition. They are large, tend to be broad, and cause important, if not fundamental, changes. They happen so suddenly that there just isn't enough time to deal with the impact—no matter how much preparation you do."

The Petersen system approach to the future is formulated by evaluating even what the impact would be in the case of a wild card like a global food shortage or a civil war in the United States. A comet striking the Earth would be a megawild card. "Something as big as a comet would have the greatest rate of change and the highest impact of reach. Our vulnerability would be high because of it and it could basically end our civilization, depending on where it hit."

Many military analysts are concerned with our infrastructure's increasing reliance on our power supply and computerized networks. From municipal watersheds to national security, local factories to emergency rooms, the electric grid is a lifeline. Weapons that can deliver an electromagnetic pulse from a distance, shutting these systems down, are more of a threat today than in decades past and present the looming specter of another wild card event.

### Paranormal and the Future

I asked Petersen what he saw concerning the use of paranormal skills by people in the future. "There's no question," he said, "that we will have more people exercising their powers in a new way. Remote viewing, which we already know is used around the world, would have a near-global reach, but its popularity will be curtailed, in part,

by opposition to its development."

In other words, it will probably be quite some time before you'll see any government-sponsored billboards advertising the power of nonlocal mind, or what author Gregg Braden refers to as inner technologies and renowned psychic Ingo Swann calls biomind superpowers.

As Swann points out, there aren't many "power schools" where you can go to learn how to perfect the use of your nonlocal mind, which is unfortunate because tests on Swann and other natural psychics prove we are wired to function at levels far beyond our current understanding and normal practice. Our nonlocal mind, or our access to the universal mind field, makes it possible for us to see across great distances, affect healing from afar, and even view distant planets.

These are the traits of the soul making itself visible in our very real human form. Manifesting these great human powers is the path of the future. There may even come a time when telepathic talents will be one of the few ways we can stay in touch with each other. By practicing now to perfect these latent talents in all of us, we can begin to ensoul the world and therefore improve our potential futures.

### Future Trends

Some of the potential futures the Arlington Institute looks at are beneficial, like the end of a carbon fuel economy, showing just how important changes made today can be. I couldn't resist asking a man who says nobody can predict the future, while simultaneously showing us how accurately you can estimate it, to tell us the major trends he saw for the future.

"If you want the most fundamental condition I see for the future," Petersen noted, "it's the haves and have-nots and that's not just economic. It's nations not having access to technology and medicine. So the issue that I think is most problematic for the future is how do we deal with that? There is a growing, accelerating hazard in this separation."

"What any of us see as the future has a lot to do with what it will be like. Looking across the horizon and creating normative scenarios of a desired future—if you do that as an individual or a kid deciding what he wants to become or a nation planning their own future you need to envision—you need this idea of where you want to be downstream."

From a systems point of view, the question is how to create an action plan to reach a goal or prepare for a possibility. The actual physics of imagining in our minds tells us that what we envision has a greater possibility of manifesting than something

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## Communicating to Feed the Soul

By Thich Nhat Hanh

Nothing can survive without food. Everything we consume acts either to heal us or to poison us. We tend to think of nourishment only as what we eat through our mouths—but what we consume with our eyes, our ears, our nose, our tongue and our body is also food. The conversations going on around us, and those we participate in, are also food. Are we consuming and creating the kind of food that is healthy for us and helps us grow?

When we say something that nourishes ourselves and uplifts the people around us, we are feeding love and compassion. When we speak and act in a way that causes tension and anger, we are nourishing violence and suffering.

We often ingest toxic communication from those around us and from what we watch and read. Are we ingesting things that grow our understanding and compassion? If so, that's good food. Often, we ingest communication that makes us feel bad or insecure about ourselves or judgmental and superior to others. We can think about all our communication in terms of nourishment and consumption.

### Consuming with Mindfulness

How can you tell what communication is healthy and what is toxic? The energy of mindfulness is a necessary ingredient in healthy communication. Mindfulness requires letting go of judgment, returning to an awareness of the breath and the body, and bringing your full attention to what is in you and around you. This helps you to notice whether the thought you just produced is healthy or unhealthy, compassionate or unkind.

Conversation is a source of nourishment. We can all feel lonely and want to talk with someone. But when you have a conversation with another person, what that person says may be full of toxins, like hate, anger and frustration. When you listen to what they say, you're consuming those toxins. You're bringing toxins into your consciousness and your body. That's why mindfulness of speaking and mindfulness of listening are very important.

Toxic conversation can be difficult

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**Matrix Energetics**  
October 11-16  
Seattle



**Body Mind Spirit Expo**  
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Look for the smartphone eye to go behind the story.



# Ananda Center at Laurelwood

## UPCOMING EVENTS



### BUILDING WITH SPIRIT PROGRAM

Ongoing [efl@anandalauelwood.org](mailto:efl@anandalauelwood.org)  
Hands-on training in all aspects of building: design, concrete, framing, plumbing, drywall, finish carpentry, painting & flooring. Daily optional yoga & meditation, organic vegetarian meals, beautiful gardens, spiritual community. [anandalauelwood.org/building-with-spirit/](http://anandalauelwood.org/building-with-spirit/)



### \* COMMUNITY INTERNSHIPS

Ongoing [efl@anandalauelwood.org](mailto:efl@anandalauelwood.org)  
Explore community living while learning to apply the universal principles of yoga in daily life. Permaculture, Vegetarian Cooking, Landscaping, Guest Services and Outreach, Karma Yoga, Community Building. [anandalauelwood.org/internships/](http://anandalauelwood.org/internships/)



### FOOD FOREST ON KEYLINES HANDS-ON PERMACULTURE DESIGN & FOREST GARDEN CONSTRUCTION

September 27-29 with Rick Valley  
Observe the hillside site, survey a keyline layout to facilitate irrigation and water absorption, and look at orchard polycultures. A hands-on class. Cost: \$250 includes up to 2 nights camping and organic vegetarian meals. [anandalauelwood.org/program/food-forest-creation/](http://anandalauelwood.org/program/food-forest-creation/)



### FOOD FOREST: HANDS-ON INTENSIVE

September 29 - October 3 with Charlotte Anthony  
Continue the process from the Food Forest on Keylines workshop, practice surveying keylines and installing trees and plants in permaculture guilds. Learn to connect with nature to discover what she wants. Cost: \$300, includes up to 4 nights of camping & organic vegetarian meals. [efl@anandalauelwood.org](mailto:efl@anandalauelwood.org)  
[anandalauelwood.org/program/food-forest-hands-on-intensive/](http://anandalauelwood.org/program/food-forest-hands-on-intensive/)



### ANANDA YOGA TEACHER TRAINING

November 2013 - May 2014  
Become an RYT 200 through this life changing professional training. You'll also learn classical meditation & pranayama, essential yoga philosophy, & how to apply the time honored techniques of yoga in your life. Includes 2 five day intensives at Laurelwood Center, plus evening & weekend classes. Registered with the Yoga Alliance. [anandalauelwood.org/yoga-teacher-training/](http://anandalauelwood.org/yoga-teacher-training/)



### RESONATE WITH INSPIRATION MUSIC WORKSHOP FOR SUPERCONSCIOUS PERFORMANCE

November 8-10 with David Eby  
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### ART & SCIENCE OF RAJA YOGA

November 17-23  
You will learn how to apply the ancient principles of "Raja" (royal) yoga to every aspect of your life: physical, mental, emotional, and spiritual. Experience the heart of how life works and why. [anandalauelwood.org/program/art-and-science-of-raja-yoga-fall-intensive/](http://anandalauelwood.org/program/art-and-science-of-raja-yoga-fall-intensive/)



### THANKSGIVING RETREAT

November 27 - December 1  
Give yourself the gift of friendship, joy, and gratitude this Thanksgiving. Take time to reflect and rejuvenate with a relaxing Thanksgiving Retreat at Ananda Center at Laurelwood. [anandalauelwood.org/program/thanksgiving-retreat/](http://anandalauelwood.org/program/thanksgiving-retreat/)

## CONFERENCE ON COOPERATIVE COMMUNITIES & SUSTAINABILITY

Nov. 15-17, 2013, 45 minutes from downtown Portland  
Learn the hands-on skills needed to organize & build community, including consensus and decision making. Practice sustainability through eco-village design, cob building, sustainable agriculture, beekeeping & much more. The experience includes live music, & delicious, organic vegetarian food!

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Sponsors: Northwest Intentional Communities Assn. & Ananda College.

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**KEITH POST**  
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**LINDA BARD**  
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Dr. Richard Bartlett, founder of  
Matrix Energetics and president  
and co-teacher Melissa Joy.



# Spiritual Facelift

Beautiful women seem to have it all, but are they really happy?

Victoria Holt, author of *Spiritual Facelift: 7 Natural Steps to Inner and Outer Health and Beauty*, wondered why the women on the TV show *The Real Housewives of Orange County* looked good on the outside, but seemed so troubled on the inside.



## Editor's Blog

by Vicky Thompson

"Here are attractive women, but they're physically obsessed and very unhappy," says Holt. In looking at our image-driven society, it's easy to recognize that we're materialistic and overly focused on the body. Health and beauty advertising adversely affects women, creating low self-esteem when they can't live up to extreme ideals of beauty. Millions of dollars are spent on plastic surgery and staying young and physically perfect, but women are still miserable.

"People are spending all of this money, but underneath they're not happy. They're feeling depressed. I wanted to show women an alternative route to how you can apply spiritual practices that can truly transform your whole appearance in a natural way," says Holt.

Can a spiritual facelift affect your inner and outer beauty?

Holt was trained by some of the world's leading spiritual teachers, and she noticed that they shared one beautiful trait: they had an inner glow that radiated out, creating a youthful and peaceful appearance. Not to mention that they all seemed to have boundless energy to do their life's work.

"They looked very young and extremely beautiful. I felt, more beautiful than the supermodels I was seeing in the magazines," says Holt. "As I started to do a deep spiritual practice and purification of my mind, body and soul, my appearance was transforming. I'm 46 years old, but I look like I'm in my 30s."

## Energetic Liposuction

Working on the inside and not the outside, Holt practices a form of energy clearing that she calls energetic liposuction, which can erase years from your appearance.

How does it work? It's all about getting in touch with your emotions.

"We are emotional beings, but we've been taught to be ashamed of our emotions, to numb ourselves to our emotions and avoid our emotions. Many spiritual practices talk about the detuning of emotions where we lift ourselves above them and avoid them. But we are emotional beings, and

emotions are our spiritual guide. If we avoid our emotions, we tend to become lost and unhealthy."

If you go through trauma, Holt says you can actually lift up out of your body and lose your emotional connection to the truth by suppressing your pain. Energetic liposuction can clear away these dense, suppressed emotions, helping you to come back down into your body with a renewed feeling of lightness.

To do your own energy liposuction, access the energy by going into the pain and change your relationship with the past by realizing that the pain is not going to last.

"It's almost like having a thorn in your foot and it's painful. If you only take a moment to pull that thorn out, then your foot will heal. And while you're pulling that thorn out, it feels very painful, but it does ease the pain," says Holt.

A spiritual facelift can give every area of your life a makeover. You can tap into a fountain of youth that attracts people to you based on your radiance for living.

Vicky Thompson is the editor of New Connexion. Visit [www.newconnexion.net](http://www.newconnexion.net) for past blogs.



**Listen.** Author Victoria Holt shares inner beauty secrets.

Using a QR code reader app on your smartphone, scan the QR code with your phone's camera. Or listen online at [www.newconnexionjournal.com](http://www.newconnexionjournal.com).



## Community Spotlight

### Effective Self-Coaching

I'm a big believer in coaching and in its impact on our lives, relationships and professional endeavors. Effective coaches can help us see our blind spots, clarify our focus, and empower us to find and fulfill our dreams.

The Certified Coaches Federation has certified more than 8,100 life coaches and executive coaches since 2006. Our two-day intensive training program easily provides new and seasoned coaches alike with coaching and business development skills to naturally ensure your long term success in this rewarding, expanding profession.

However, there is also power in the practice of self-coaching: self-awareness and rigorous self-evaluation that helps you make decisions to better your life. Be your own coach by checking out your life in the following areas:

**Relational check** (how you connect): How we connect with others is critical to our own sense of health and well-being. According to researchers at UCLA, we need between eight to 10 meaningful touches per day to be emotionally healthy. Relational wellness includes healthy conflict resolution, social intelligence, effective communication skills and the capacity to be truly intimate.

**Spiritual check** (how you treat others): The best measure of your spirituality is not the church, mosque, temple or synagogue. The best measure is how you treat others. It is walking with integrity, honesty, fairness and compassion. It is also taking time for personal reflection, meditation and prayer.

**Professional check** (what you do): Professional wellness is far more than the money you make or the title you hold. It is a sense of living congruent and in alignment with your "life fit": your unique combination of gifts, abilities, passion, education, training and life experience that makes "you," you. It is being fully yourself, and making money as you do so.

Self-coaching helps you to live a life that counts.

— Abe Brown, North American president for the Certified Coaches Federation, [www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)

## This I Believe

### Faith Works Wonders

Belief in God, in the supreme consciousness, does not mean blind faith. You must experience it to believe it. It is inexplicable. It is a hair-raising experience. You are the greatest wonder. Nothing is greater than you, as you exist as the immortal soul. As you practice meditation regularly, you will be able to realize the true existence.

Time is not available for sale. Please know that life is very precious. The human body is a rare gem. Everyone born in this world has a definite purpose. Having lost the true identity, you are suffering mentally.

Meditation is like a commando course for the mind. If you practice the meditation thoroughly, only then will you be able to

change your attitude and you will be able to control the mind's deception. You will become positive in thinking and your life will be purposeful.

You can practice this meditation and one day you can achieve this self-realization by remaining a normal person in this world. You need not worry what will happen to your present life in this world. If you have a business, a job, or you are a householder or a monk, there is really no problem.

Every soul belongs to God, the supreme consciousness. It is absolutely guaranteed you will all go back to God. It is a matter of time. For a short while, we are here. Go for the supreme peace. Then you will understand what peace is.

Keep going — it is worth it.

— Shri Shiva Rudra Balaयोग

Shri Babji presides a meditation retreat in the Columbia Gorge on Sept. 27-29 and a lecture in Portland on Oct. 2. Visit [www.srb.org](http://www.srb.org).

## Cover Artist Singer of Songs

Invasive force of nature.

In her smaller work, she is far more likely to have isolated central figures engaged in some kind of psychological study. A darker story may be driving the figures in the painting. The scene is a mystery to be examined with no firm conclusions. Yet in her even smaller artwork, she may paint single quirky cups of coffee, fruit or animals with cheerful mischief.

With her purely patterned work there are only implied references to figures. With a push and pull of negative space and positive shape, the viewer enters the world to the visually play in a swirling mass of life. O'Donoghue's contemporary folk art and patterned worlds invite us to explore visually the simple beauty, complexity, interactions and sometimes the humorously sinister aspects of everyday life.

Alison O'Donoghue, a Portland-based artist, created *Singer of Songs* on the cover of New Connexion. Visit [www.allorange.com](http://www.allorange.com).

# NEW CONNEXION



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# TALKING STICK

You experience evolution every day in small ways. Every time you open to new ideas and the unknown, or dream and work with your imagination, or open your heart to express generosity and faith — you experience tiny evolutionary acts. Learning and love, in all their forms, are signs that you're evolving.

— Penney Peirce, author of *Leap of Perception*





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## Upcoming Events

**Free Talking Stick Phone Forum – September 11**

**LightSong hosts African Shaman John Lockley**

**New Renaissance Bookstore – October 3**

**LightSong School of Shamanic Studies – October 4-6**

**Compassionate Spirit Release – October 18-20**

**Curse Unraveling – November 23-24**

LightSong offers a full curriculum for casual or career interests in Energy Medicine. Please check the calendar at [www.lightsong.net](http://www.lightsong.net) for more upcoming offerings.

In addition to founder Jan Engels-Smith, the following practitioners are Associate Teachers with LightSong, combining their learning with their own specialties to enhance and bring healing to people's lives.

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Jan Engels-Smith shares her skills and profound connection to the spirit world through individual healing sessions, courses, and ceremonies that promote personal growth and spiritual healing.



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To order Jan's book and CDs, visit [www.LightSong.net](http://www.LightSong.net)

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## Turning to the Natural Mind

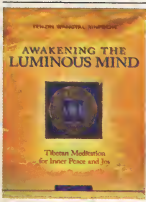
By Tenzin Wangyal Rinpoche

The path of meditation is not a matter of merely learning techniques and concepts. After all, we are lively, warm-hearted beings, not mechanical objects. Therefore, to evolve and mature as feeling beings, we need a sense of where to turn when we become confused or encounter difficulties.

In my tradition, we obtain this help by going for inner refuge. Seeking refuge is not a vague abstraction, nor is it a plea for help. It involves helping ourselves by focusing our attention in very specific ways. When we do this, the discoveries that we make and the benefits that become available are also clearly discernible.

What do we commonly do whenever we feel confused? We reject our confusion and try to get rid of it or push it away, we magnify it by dwelling upon it and becoming lost in it, or we disconnect from our confusion by distracting ourselves. Typically, we look outside ourselves for some kind of comfort, support or advice. However, it is not possible to find what we truly seek by looking outward. We may think we find something out there, but it is temporary, and in the end we lose what we have found, or we constantly worry about losing it.

Ultimately, any external support is not the best medicine for our suffering. To find the best medicine, we must turn within. Turning within doesn't imply improving our ideas, challenging our thoughts or changing our feelings. It means turning inside to find support in what we already are.



### Pain Identity

When you are stressed or challenged, bring your attention inward. Usually your attention is not directed inward — it is fixated on whatever is challenging you. You think thoughts such as: *My health is not good. I am worried about this change. That person is annoying me.* Your attention is separated from yourself and focused on "the problem," which could be a person or a situation. And your thoughts go back and forth, trying to solve this problem or complaining about that situation or person. Maybe you divert your attention altogether and dwell on something else because your problem is too overwhelming. Or you accommodate yourself to the situation, thinking that acceptance is sane or noble or mature.

In all these ways, no matter how creative or sophisticated they are, you are reinforcing your identity as the one who suffers. I call this a pain identity. No matter how familiar any pain identity may be, this is not who you truly are.

### Natural Mind

Inner refuge is the recognition of your true nature, which is the open and clear space of being. This is the nature of your true identity: open and clear. This nature is often referred to as the natural mind. It can be directly perceived, but not by the moving, problem-solving mind — only pure awareness can apprehend it. The awareness of openness is the source of all healing as well as the source of creativity, joy, love, compassion and all other positive qualities.

To discover this source within, this inner refuge, you must shift your focus or attention from the perception of a problem to the awareness of being itself. Changing your life is a matter of connecting with places in yourself you may have never fully connected with, and understanding things you may never have fully understood or trusted.

Do you recognize and honor the space of being, the truth of who you are, in the life in which you find yourself? This space within yourself is not a passive place where nothing happens. The whole universe

arises, rests and dissolves in that single space. Everything in your body arises, rests and dissolves in that space. Surely we can trust that there is a deeper intelligence at work than the intelligence of ego with all its plans and proposals. Solutions will come naturally from the connection with the open space of being, which is boundless and infinitely full of potential.

Trust that openness is the source. Discovering this is not a passive experience — it is lively and participatory. As you come to know the liveliness of connecting to the infinite possibilities of each moment, you will experience an inherent sense of worthiness and richness. Your actions will spontaneously arise from the warmth of connection and will bring benefits and blessings to yourself and others.

Tenzin Wangyal Rinpoche, founder and spiritual director of *Ligmincha Institute*, is the author of *Awakening the Luminous Mind*. He presents an *Awakening Your Creative Fire* workshop on Nov. 1-3 in Olympia, Wash. Visit [www.ligmincha.org](http://www.ligmincha.org). Excerpted with permission by Hay House at [www.hayhouse.com](http://www.hayhouse.com).

## Are You a Healer or a Facilitator?

Dr. Eric Pearl and Frederick Ponzo

When you heal, it is a reconnection. A reconnection.

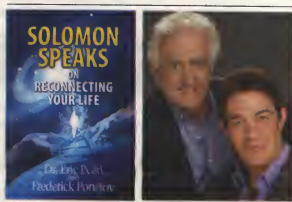
It's about reawakening your clients' own innate ability — jump-starting them to experience it. It just so happens that you clear the path for that. You're connecting them with their higher energy form. And you're allowing them to experience that. It's like you're allowing the blood to get through.

In the same way, we have those paths of energy that we come to, into this plane, with which we are very connected. And due to the experiences of our lives, we start shutting them down — due to trauma, due to a lot of other things.

It is our goal as healers — as you are a healer — to remind those people and let them experience, again, that connection. And eventually it can self-generate. They can regenerate their connection to the force. But it is the nature of energy and the vibrational patterns that resonate with the life.

You're like a tuning fork in a way: you ring this true sense of energy, and the body comes up to it and accepts it and comes into some sort of vibrational pattern where the energy can be accepted. It's not discordant. It's not breaking down as it hits the energy field. It's accepted.

You must think of yourself — rather than as a healer — as a facilitator. Someone



who facilitates the transfer of energy. The healing, if you will, is an agreement. And it's on a vibrational level. It's the person who's wanting to be healed opening their life up to accept that energy from which we all came and have become disconnected.

It's reawakening that connection and allowing ourselves to be connected with "that which is." That is what we all are. Manifest in various planes of existence. But at the core of it all, we're connected, one to another.

Dr. Eric Pearl, co-author of *Solomon Speaks on Reconnecting Your Life*, is the founder of *The Reconnection and the Reconnective Healing process*. Solomon, an extra-dimensional intelligence that speaks through Frederick Ponzo, provided insights to questions asked by Dr. Pearl to create the book. Visit [www.solomonspeakbook.com](http://www.solomonspeakbook.com) and [www.thereconnection.com](http://www.thereconnection.com). Excerpted with permission by Hay House at [www.hayhouse.com](http://www.hayhouse.com).

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# The Field of the Heart: Finding Your Inner Voice

By Melissa Joy

The field of the heart provides us with direct access to our inner voice, inner wisdom and inner chamber of limitless potential along with creating a connection with universal consciousness.

Matrix Energetics is a complete system of healing, self-care and transformation that accesses the field of the heart by noticing, listening and speaking from the heart.

When your attention takes you to a particular space or place within an individual's field, you are not just interacting with that space or place. You are interacting with information. Everything in the universe is light, information and resonance. When you observe a particular space or place, you create resonance with that information. It is the very act of observing information that provides the vehicle for transformation to occur.

That is why things appear to change when you observe a particular space or place. You aren't really doing anything other than observing fields of information. However, the act of observing entangles the observer with the observed and this facilitates a different resonance with or expression of the information. Fields of information nestle within what is referred to by physicists as torsion fields. Torsion fields are everywhere in universal consciousness.

## Torsion Field

The field of the heart is a torsion field. It looks like a doughnut comprised of two counter-rotating fields, with the inner torsion spinning in one direction and the outer torsion spinning in the opposite direction. Within these torsion fields, there is a vortex. Within the vortex, information couples with the torsion fields. This creates a certain amount of both inertia and momentum simultaneously, which helps the information pop through the vacuum as form, action and experience. In-form-ation as possibility creates experience directly



from the field of the heart.

The torsion field of the heart is the very first thing that forms, even before the physical heart comes into manifestation, and everything emanates from that state of pure torsion. When you access the field of the heart, you access pure potentiality before that potentiality separates out from itself as experience.

The reason we drop down into the field of the heart is that it allows us to access that state of pure potentiality or neutrality. From the field of the heart we can access pure, undifferentiated states of information and energy potential before the information separates out as form, action or experience. The heart field is the gateway to the all that is and the all that is yet to be experienced.

Melissa Joy

When you drop down into the field of the heart, you don't really feel, notice or think anything related to that experience because it's not experience yet. It's just pure potentiality. Everything that we do in Matrix Energetics, we do from this pure potentiality and neutrality that is the field of the heart. From the field of the heart we have the access that allows transformation to occur because we are actually going back to before the collapse of the wave function.

We create resonance with a pattern before that pattern has been separated, identified and named as a particular experience. So when we work with a shoulder, it's not a shoulder, because a shoulder is something that has been separated out from the whole, identified and named as a shoulder. In the naming of this pattern there are corresponding references that limit what is

possible for that shoulder because of all the thoughts and beliefs that accompany the world of shoulders as shoulder-dom. There is too much should in shoulders. We are seeking options.

We don't label it. We don't name it. It is just a pattern. The pattern becomes pure potentiality and in that state there exist equally weighted possibilities. This facilitates the probability of transformation into actuality.

Here are ways that you can drop into the heart:

**Breathe in.** On exhale, simply relax your physiology: Drop your shoulders and allow your awareness to relax into the center of your being or physical body. Notice the calmness and stillness and absence of thought. From this space, notice what you notice. What information begins to well up from your inner being?

**Elevator (e-love-ator):** Observe an elevator in your head. See a miniature version of yourself stepping into the elevator and allow for the doors to close. Press the down button. Follow your awareness as the elevator descends out of your head, down through your throat and even further down into your chest cavity. Allow for the elevator doors to open. Notice what you notice when you step into that space of no space and no place.

**Feel into someone or something that you love unconditionally.** Feel that connection. Notice the feeling and allow for that feeling to move through your entire body. Invite that feeling to center in the torsion field of your heart and then ask it to speak to you.

Melissa Joy is president of Matrix Energetics and teaching partner with founder Richard Bartlett. Attend a Matrix Energetics fundamentals training on Oct. 11-14 and a practitioner certification on Oct. 15-16 in Seattle. Visit [www.matrixenergetics.com](http://www.matrixenergetics.com).

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Retreat Info: Jennifer Rego - (503) 616-4639 - [polarityheals@gmail.com](mailto:polarityheals@gmail.com)

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## Beyond Prozac

By Douglas Bloch

According to the Centers for Disease Control, one out of 10 Americans suffers from depression. It's time to move beyond Prozac and take a holistic approach to treating depression.



Douglas Bloch

In running depression support groups over the past 12 years, I have found that the key to healing from depression is to treat your symptoms using a combination of mutually supportive therapies. An example of this integrative approach can be seen in the way we treat heart disease. To prevent or to recover from a heart attack, a cardiologist might prescribe a cholesterol-lowering medication and tell you to eat a low-fat diet, exercise three times a week and cut down on the stress in your life.

Similarly, depression should be treated holistically because it takes more than a pill to heal mood disorders. When you take an antibiotic for an infection, the medicine does not kill all of the bacteria—it weakens these invaders, allowing your immune system to take over and finish the job. Likewise, antidepressants don't eliminate negative thinking or self-defeating behaviors—they support balanced brain chemistry so you can examine and refute your negative thoughts. Without a person's conscious participation in the healing process, true and lasting change cannot happen.

Studies show that antidepressants provide modest relief to approximately 55 percent of patients. And even when they

are effective, antidepressants sometimes stop working for no apparent reason. This "Prozac poop-out" phenomenon shows why it's vital to use other healing therapies in combination with medications.

To achieve emotional balance, there are five levels of self-care that help in healing depression: physical self-care, mental and emotional self-care, social support, spiritual connection, and healthy lifestyle habits.

### Physical Self-Care

Your physical health is your greatest ally in preventing or overcoming depression. Caring for the body creates a strong foundation for building good emotional health. When the body is out of balance, it can be difficult to maintain emotional serenity. As Thomas Jefferson said centuries ago, "If the body is feeble, the mind will not be strong." This is why physical self-care—consisting of a healthy diet, proper hydration, regular exercise, balanced sleep and physical touch—is the starting point in any depression recovery program.

### Mental/Emotional Self-Care

The new science of psychoneuroimmunology clearly documents the impact of the mind on the nervous system and immune functioning. How we think actually determines what we feel. Thus, recovery involves practicing positive thinking and learning to identify and to correct self-defeating thinking errors. This involves becoming aware of and releasing your irrational and self-defeating beliefs. Such beliefs include, "I am not worthy of love," "I must be

perfect in all that I do," and "It is my fault that I am depressed."

Often it is hard to do this alone, especially if you experienced trauma or abuse in your childhood. This is when finding a good therapist becomes an important aspect of your recovery program.

### Social Support

Because human beings are hardwired for connection, social support is an essential requirement for surviving a depressive episode. Having healthy relationships not only helps to alleviate depression, but it also helps to prevent its recurrence. Isolation, on the other hand, makes one more vulnerable to mental and physical illness. Building a good support network takes time and the process is unique to each person. It means surrounding yourself with people who can validate what you are going through and who can unconditionally accept you.

Even with the many resources that are available, some people feel too ashamed, shy or anxious to reach out for help. If asking for assistance seems hard, consider calling someone, even if it is a crisis line. Reaching out will make a real difference in your recovery.

### Spiritual Connection

Mental health researchers have defined a phenomenon known as religious coping—a reliance on a spiritual belief or activity to help manage emotional stress or physical discomfort. Having strong spiritual beliefs can also increase feelings of hope and faith, which in turn produce positive chemical and emotional changes in the brain. Examples of spiritual self-care

include prayer, meditation, mindfulness, being a part of a spiritual community, expressing gratitude, or participating in any activity that brings you inspiration and connects you to a reality greater than yourself.

### Leading a Healthy Lifestyle

Finally, certain lifestyle habits can help you to maintain balance and stability, and prevent the onset of depression. Find ways to include structure and routine in your daily activities, such as setting worthwhile goals as well as scheduling in periods of time to relax and just be. Engage in fulfilling work that connects with an inner passion or sense of purpose. Get in touch with nature and be sure to get enough exposure to natural outdoor light. Participate in activities that give you joy and pleasure, such as eating a good meal, working in the garden, nurturing a pet and spending time with friends. Take time each day to appreciate beauty.

### Relapse Prevention

Healing from depression and anxiety means not only getting out of a dark place, but also staying out. Like addiction, mental health disorders are ongoing conditions that must be managed on a daily basis. Fortunately, you can learn ways to notice when symptoms are returning so that you can use your strategies for balance.

By putting these ideas into practice, you can strengthen your psychological immune system and become more resistant to mood disorders.

Douglas Bloch, author of *Healing from Depression: 12 Weeks to a Better Mood*, is a teacher and counselor who writes on the topics of psychology, healing and spirituality. Learn more about his ongoing depression and anxiety support group in Northeast Portland at [www.healingfromdepression.com](http://www.healingfromdepression.com).



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## September

## SEPTEMBER 1 - OCTOBER 31

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## SEPTEMBER 9 - OCTOBER 7

**Metaphysical Fair** 6-9pm at New Renaissance Bookstore Event Center in Portland on Sept. 9 and Oct. 7. An evening of intuitive guidance and energy healing. Free admission. Services for donation or small fee. Many modalities available. Aurora: 503-332-1277, [www.meetup.com/metaphysical-fair](http://www.meetup.com/metaphysical-fair).

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## SEPTEMBER 14 - 21

**Fall Classes at Open Spirit** Enneagram of the Self, Sept. 14. Death Café Sept. 21. Financial Freedom: Wednesdays. Foundations of Science of the Mind: Thursdays. Open Spirit Center for Spiritual Living, 10209 SE Division, Ste. 3 in Portland. 503-307-4594, [www.openspirit.org](http://www.openspirit.org).

## SEPTEMBER 15 - OCTOBER 20

**Reinventing the Way We Live** Oakleigh Meadow Cohousing is a community-minded neighborhood designed by and for its residents, along the river in Eugene. See visits: Third Sundays, 3-4pm, Sept. 15 and Oct. 20. Fun Fridays: every Friday, 4-9pm, 551-357-8303, [www.oakleighmeadow.org](http://www.oakleighmeadow.org).

## SEPTEMBER 21 - OCTOBER 27

**Reiki at the Reiki Ranch** Reiki 1-2-3 Reiki Master Weekend: Sept. 21-22. Free Reiki 1 Sept. 21. Later Reiki Basics workshop (advanced energy medicine): Oct. 24-27. Reiki Ranch is located near Chehalis, WA. Reservations: 360-748-4426, [nicholas@reikiranch.com](mailto:nicholas@reikiranch.com), [www.reikiranch.com](http://www.reikiranch.com).

## SEPTEMBER 27 - 29

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## SEPTEMBER 27 - OCTOBER 2

**Meditate with Shri Shiva Rudra Balayogi** Columbia Gorge WA Meditation Retreat on Sept. 27-29. Hegewald Rock Creek Center, 710 SW Rock Creek Rd., Stevenson. Contact Jennifer Rego: 503-616-6639, [polari@hegwald.com](mailto:polari@hegwald.com). Portland talk on Oct. 2, 7pm: West Hills Institute, 6470 SW Olson Rd. Contact Laurie Day: 503-296-4224, [laurieday@westhills.org](mailto:laurieday@westhills.org), [www.westhills.org](http://www.westhills.org).

## SEPTEMBER 28 - 29

**Pranic Healing Level 1** 9am-6pm at Awakenings Wellness Center in Portland. Learn how to use the energy of your hands to accelerate physical healing. Contact Liza Burney: 503-502-5186, [lizaburney@pranichealing.com](mailto:lizaburney@pranichealing.com). For more info: [www.heart-to-heart-healing.com/classes/level\\_1.class](http://www.heart-to-heart-healing.com/classes/level_1.class).

## SEPTEMBER 28 - OCTOBER 3

**Food Forest: Hands-On Intensive** Continue the process from the Food Forest on Keylines workshop with Charlotte Anthony. \$300 (four nights camping and vegetarian meals). Ananda Laurelewod Center, 38950 SW Laurelewod Rd. in Gaston, OR. Register: [ef@anandalawood.org](mailto:ef@anandalawood.org), [www.anandalawood.org](http://www.anandalawood.org).

## October

## OCTOBER 3 - 6

**African Shaman John Lockley** Sponsored by LightSong School of Shamanic Studies. Oct. 3: New Renaissance in Portland. Oct. 4-6: LightSong School of Shamanic Studies. 503-669-3013, [www.lightsongs.net](http://www.lightsongs.net).

## OCTOBER 11 - 16

**Matrix Energetics** in Seattle Matrix Energetics is a powerful "consciousness technology" that provides for instantaneous and lifelong transformation. Learn directly from founder Dr. Richard Bartlett and co-teacher Melissa Joy. Oct. 11-14: Fundamentals. Oct. 15-16: Practitioner Certification. DoubleTree Seattle Airport. 800-269-9513, [www.matrixenergetics.com](http://www.matrixenergetics.com).

## OCTOBER 19

**Soul Healing Evening with Divine Healing Hands** 7-9pm. Join Divine Channel Master Roger Givens to experience how Divine Healing Hands relieve pain, boost energy, transform intelligence and more. Free. Opening to Life, 407 NE 12th Ave., Portland. Diane: 503-585-0258, [www.facebook.com/mastershasoulpowergroupportland](http://www.facebook.com/mastershasoulpowergroupportland).

## OCTOBER 18 - 19

**Enneagram Portland: Love Cycles Workshop** 9am-5:30pm at Holiday Inn Express NW Portland in Portland. [EnneagramPortland.com](http://EnneagramPortland.com) link you to the vibrant community of students who talk type. Check out the many programs happening in September and October for everyone!

## OCTOBER 19 - 20

**Compassionate Spirit Release** Taught by Jan Engels-Smith with A LightSong School of Shamanic Studies. 503-669-3013, [www.lightsongs.net](http://www.lightsongs.net).

Up-to-the-Minute Listings: [www.newconnexionjournal.com](http://www.newconnexionjournal.com)

## Living in Community

Learn the latest trends in cohousing, eco-villages, urban communities and spiritual communities at the Cooperative Communities & Sustainability Conference. Keynote speaker Laird Schaub of Sandhill Farm presents how to practice consensus and decision making in communities. Get down to the details with demonstrations on permaculture and sustainable agriculture, cob building and more.

Mark it: Friday-Sunday, Nov. 15-17 at Ananda College in Gaston. Visit [www.anandalawood.org](http://www.anandalawood.org).

## OCTOBER 19

## Angelic Merkaba Ascension Activation &amp; Sacred Geometry Class in Portland

Learn ancient Sacred Geometry wisdom. Activate your Lightbody and Angelic Merkaba for Ascension awakening. Free Friday evening introduction. Also Seattle Oct. 26-27: 509-4665, 719-649-1665, [debraah@angelic.com](mailto:debraah@angelic.com), [www.angelicmerkaba.com](http://www.angelicmerkaba.com).

## OCTOBER 25 - 27

## Divine Healing Hands Soul Healer Training

10am-10pm. Join Divine Channel Master Roger Givens. Become a certified soul healer for humanity. Help transform self and others. \$525. Opening to Life, 407 NE 12th Ave., Portland. Diane: 503-585-0258, register: [www.divinehealinghands.com](http://www.divinehealinghands.com).

## OCTOBER 26 - 27

## Angelic Merkaba Ascension Activation &amp; Sacred Geometry Class 9am-5pm

in Seattle. Learn ancient Sacred Geometry wisdom. Activate your Lightbody and energy field Angelic Merkaba for Ascension awakening and healing. Free Friday introduction. 509-2652, 719-649-1665, [debraah@angelic.com](mailto:debraah@angelic.com), [www.angelicmerkaba.com](http://www.angelicmerkaba.com).

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## NOVEMBER 15 - 17

## Cooperative Communities &amp; Sustainability

Learn the hands-on skills needed to organize and build community, including consensus and decision making. Practice sustainability through eco-village design, cob building, sustainable agriculture, beekeeping and more. Ananda College, 38950 SW Laurelewod Rd. in Gaston, OR. Register: [admissions@anandalawood.org](mailto:admissions@anandalawood.org), [www.anandalawood.org](http://www.anandalawood.org).

## NOVEMBER 16 - 17

## Certified Life and Executive Coach

**Training** Two-day intensive program in Seattle provides the skills, tools and resources to build a successful coaching practice for brand new and seasoned coaches. Leading-edge coaching and business development skills for success. \$66-455. 2155, [www.certifiedcoachingfederation.com](http://www.certifiedcoachingfederation.com), [www.certifiedcoachingfederation.com](http://www.certifiedcoachingfederation.com).

## Got an event to promote?

Visit [www.newconnexionjournal.com](http://www.newconnexionjournal.com) and click on Calendar to add your event online and in print.

## Want events sent to your inbox?

Click on Subscribe for the free biweekly Pacific Northwest eLinder of Northwest events (or scan the QR code).



Join us at New Connexion's monthly wellness sampler of new ideas on alternative health, personal growth and conscious living.

Network with others in the community who are interested in whole living. Bring your flyers for our free information table.

## SEPT. 10



## Ultimate Manifestation!

Do you wonder, "Why aren't my manifestation efforts working?" Sonia Miller shows you how to transform four types of self-sabotage to get everything you want from life. Visit [www.successforthe soul.com](http://www.successforthe soul.com).

## SEPT. 24



## Guided Hypno-Chakra with 9 Singing Crystal Bowls

Nicole Vanderhoff combines hypnotherapy, chakra balancing and sound healing from sacred healing instruments. The singing crystal bowls leave you rejuvenated. Visit [www.trinithealing.com](http://www.trinithealing.com).

## OCT. 8



## The New Medicine: Vitality!

Feeling old, tired or toxic? Ready to look and feel youthful and vibrant? Dr. Ananda Hoffman, naturopathic physician, shares secrets for being your best. Visit [www.calyptsonnaturopathic.com](http://www.calyptsonnaturopathic.com).

## OCT. 29



## Color Therapies

Martha St. Sears shares how to use color, crayons, colored lights and color materials to improve health, emotions, problem solving, and even finances. Visit [www.stsears.com](http://www.stsears.com).

## Tuesdays at 7-9 pm • \$10 at New Ren

Participants receive a \$2 discount coupon good toward New Ren purchase that day.

## New Renaissance Bookshop

1338 NW 23rd Ave. at Pettygrove St. in Portland • [www.newrenbooks.com](http://www.newrenbooks.com)

Details on the Calendar at [www.newconnexionjournal.com](http://www.newconnexionjournal.com)

# The Enlightening Event Planner

Pull Out & Save

## NOVEMBER 21 - 24

**Course Unraveling** Taught by Jan Engels-Smith with A LightSong School of Shamanic Studies. 503-669-3013, [www.lightsongs.net](http://www.lightsongs.net).

## NOVEMBER 27 - DECEMBER 1

**Thanksgiving Retreat** Give yourself the gift of friendship, joy and gratitude. Ananda Laurelewod Center, 38950 SW Laurelewod Rd. in Gaston, OR. Register: [ef@anandalawood.org](mailto:ef@anandalawood.org), [www.anandalawood.org](http://www.anandalawood.org).

## ONGOING EVENTS

## Sunday

**9am New Thought Center for Spiritual Living** Celebration, connection, community. Services at 9am and 11am. Infants, children and teens at 11am at 1040 C Ave. in Lake Oswego. 503-296-9922, [www.newthoughtcenter.org](http://www.newthoughtcenter.org).

**11am Celebration at Open Spirit Center for Spiritual Living**, a New Thought Church. Children's Church at 11am and meditation at 10am. 10209 SE Division, Ste. 3, Portland. 503-307-4594, [www.openspirit.org](http://www.openspirit.org).

## Tuesday

**7-9pm Pranic Healing Clinic** at The Unity Center, 20255 Willamette Dr. in West Linn, OR. Short healing meditation, then Pranic Healers offer non-touch Energy Healing sessions. Donations accepted toward rent. Call Tilly: 503-697-8855, [www.pranichealinghealing.com](http://www.pranichealinghealing.com).



## Wednesday

**10am-12pm Pranic Healing Clinic** at Center for Spiritual Living, 6211 NE MLK Blvd. in Portland. Short healing meditation, then Pranic Healers offer non-touch Energy Healing sessions. Donations accepted toward rent. Call Karen: 503-289-2858, [www.pranichealinghealing.com](http://www.pranichealinghealing.com).

**7-9pm Drumming Circles** Join us for Weds. night drumming at Cedar Mountain Drums at 2239 E. Burnside, Portland. Bring your own drumsticks or use ours. \$5 donation. 1st Weds: Men's Drumming. 2nd Weds: Mixed Drumming (supervised kids welcome). 3rd Weds: Women's Drumming. 4th Weds: Shamanic Journeying (\$10 donation). [www.cedarmountaindrums.com](http://www.cedarmountaindrums.com).

# Wellness AT NEW REN

NEW CONNEXION



# NEW RENAISSANCE

## Books, Gifts and Events for Conscious Living

1338 NW 23rd Ave. at Pettygrove St. • (503) 224-4929 • [www.newrenbooks.com](http://www.newrenbooks.com)

### September Events

## Annual Labor Day Porch Sale

Saturday, Aug. 31—Monday, Sept. 2.  
50–80% off 10am–5pm

### Freedom from Fear: Heart Field Healing Satsang

**Eric Altman, Tues. Sept. 3, 6:30-8:30 pm, \$20**  
For tonight's Satsang, Eric will be addressing patterns of fear held in the physical and emotional bodies. Join us for this evening of truth, life, and love! [EricAltman.com](http://EricAltman.com)

### Drop-In Meditation

**Ean McClane, Wed. Sept. 4, 18, 25, 5:30-6:30 pm, FREE!**  
New Renaissance Bookshop is offering a free drop-in meditation session each week. Drop by after work and enjoy a quiet session of peace with like-minded people. Ean McClane has been practicing and teaching meditation for 15 years.

### Crystals, Chakras and Colors: Tools for Successful Living

**Margaret Ann Lembo, Thurs. Sept. 5, 7-8:30 pm, \$15**  
Come join author and Crystal Gemstone expert, Margaret Ann Lembo, as she discusses her new book, *The Essential Guide to Crystals, Minerals and Stones*. Margaret Ann Lembo is a spiritual practitioner and owner of The Crystal Garden in Boynton Beach, FL. [MargaretAnnLembo.com](http://MargaretAnnLembo.com)

### Truth Consciousness

**Sat Shree, Fri. Sept. 6, 7-8:30 pm, \$12**  
Come join this informal evening with Sat Shree, founder of New Dharma. There will be a brief meditation followed by a talk on the nature of Truth Consciousness and the extraordinary experience of living in that state. Sat Shree awakened in 1998, spending six years in India with his Guru where he was engaged in an intensive transformational process. [NewDharmaYoga.com](http://NewDharmaYoga.com)

### Align with the Divine: Awaken Your Energy Using Colors and Gemstones

**Margaret Ann Lembo, Sat. Sept. 7, 1-5 pm, \$40**  
Develop a deeper understanding of yourself and your patterns for personal development through the Chakra System and its Colors and how they are activated by Gemstones. Margaret will also introduce The Gemstone Oracle and how to use it. [MargaretAnnLembo.com](http://MargaretAnnLembo.com)

### Singing into Light: Ceremony of the Open Heart

**Rebecca Singer, Sat. Sept. 7, 7-8:30 pm, \$25, limited to 25, register early**  
This Ceremony is an opportunity for you to experience the light that emanates from you and is coming into you, particularly into your open heart. You will leave with a lighter heart, hopeful, and aware of the ability to give and receive light. Rebecca Singer's work of 20 years as a shamanic energy healer led her to live in the Cloud Forest of Monteverde, Costa Rica and the Russian Taiga to be with The Reindeer People. [ShamanicEnergy.com](http://ShamanicEnergy.com)

### Wake Up and Get Real

**Sat Shree, Sun. Sept. 8, 11 am-5 pm, \$50**  
This powerful workshop is designed to create a radical shift in your consciousness by exposing hidden ego structures. This occurs through Sat Shree's transmission and teachings creating a higher consciousness allowing participants to see their ego with more clarity. Sat Shree awakened in 1998, spending six years in India with his Guru where he was engaged in an intensive transformational process. [NewDharmaYoga.com](http://NewDharmaYoga.com)

### NCX Wellness Night Ultimate Manifestation!

**Sonia Miller, Tues. Sept. 10, 7-9 pm, \$10**  
Are you an energy-oriented individual or Lover of Attraction devotee who wonders, "Why aren't my manifestation efforts working?" Join Sonia Miller, international life coach and best-selling author to discover what you've been doing that keeps your dreams out of reach. Learn to transform four types of self-sabotage to get everything you want from life with peace, power and predictability! [SuccessForTheSoul.com](http://SuccessForTheSoul.com)

### Confessions of a Sunday School Psychic

**Linda Stirling, Fri. Sept. 13, 7-8:30 pm, \$12**  
As an ex-Sunday school teacher, Linda Stirling once believed that anyone working in the realm of the unknown was "unholy." In tonight's author forum, Linda Stirling discusses her journey in accepting her psychic abilities and the adventures that come with the territory. Linda Stirling, author of *Confessions of a Sunday School Psychic*, lives in Washington. [YourLovingSpirit.com](http://YourLovingSpirit.com)

### Self-Care for the Self-Aware: The Experience

**Dave Markowitz, Sat. Sept. 14, 11 am-2 pm, \$30**  
The needs of the self-aware are different. Learn a channeled 5-step process specific to the self-aware who are still dealing with lethargy, lack of focus, or pain and illness so we can better help others. Dave Markowitz is a medical intuitive and conduit of Source energy and information. He'll also be signing his most recent book, *Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers*. [DaveMarkowitz.com](http://DaveMarkowitz.com)

### Raise Your Vibration Through the Power of Color

**Arlene Arnold and Grace Muncie Jarvis, Sat. Sept. 14, 3-6 pm, \$35**

As you feel the winds of change in your life, how do you allow this inner movement with grace? In this 3-hour workshop we will explore a three step process that allows internal shifts with more simplicity and ease through the vibration of color. Color therapy expert Arlene Arnold and certified practitioner Grace Muncie Jarvis, offer simple, effective tools to transform yourself and the world. [ThePowerOfColor.com](http://ThePowerOfColor.com)

### The Journey from Fear to Love is Shorter than You Think

**Susan Wedgewood-Goudy, Sat. Sept. 14, 7-8:30 pm, \$15**  
If the shadows of the past are keeping you from moving forward and living a life of true abundance, Susan Goudy's experience-based and affirming inspiration can help. Susan will give you tips and tools to help you move away from old, unfulfilling paradigms and toward a consciously created life that you'll love. Susan Goudy, MSW, is the author of *The Journey from Fear to Love is Shorter than YOU Think*. [JourneyFromFearToLove.com](http://JourneyFromFearToLove.com)

### Unruly Emotions? Balance Them in Five Minutes!

**Terry McGill, Wed. Sept. 18, 7-8:30 pm, \$12**  
Ever have a day when an eruption of anger surprised you... and those around you? Has worry kept you bedridden? Are you grieving for a lost one still? Tonight you will learn three simple, powerful methods to balance emotions, but more important: you can experience a clearing of some of your karma related to emotional blockages. Terry McGill has been trained by Dr. Sha and certified as a Soul Healing Teacher and Healer. [WillHealMyself.com](http://WillHealMyself.com)

### Full Moon Drumming Circle: For Peace and Healing

**Connie Hill, Thurs. Sept. 19, 6:30-8 pm, \$12**  
Drumming helps clear and shift energy, and helps release what is no longer needed in our physical, mental, emotional, and spiritual bodies. Bring a drum, rattle or other percussion instrument. [GMNite.com](http://GMNite.com)

### The Shift is Here. Where are You?

**Kelly Davidson, Fri. Sept. 20, 2:30-8:30 pm, \$20**  
Since the first square between Uranus and Pluto in June of 2012, the Shift is moving through every aspect of our lives. Where are you in these shifting times? Join Kelly Davidson as she explains the astrological transformations that still await us as we approach the half way point through the biggest square dance in galactic history. Kelly Davidson is a resident Astrologer at New Ren.

### Inner Space Techniques: Meditation Skills for the Multi-Tasker

**Kat M. Lui, Sat. Sept. 21, 11 am-1 pm, \$20**  
Created for the working professional, this class focuses on the fundamentals of energetic body building. Inner Space Techniques is a set of meditation skills that can target common workplace complaints. Get tips on optimizing your work and sleeping spaces for peak performance and take home a number of practices you can learn to do at your own pace. Kat Lui is a meditation therapy practitioner and has been in full time meditation practices for nearly four years at the Clairvision School of Meditation. [KatMLui.com](http://KatMLui.com)

### Change Your Vibrational Energy For Personal Growth

**Linda Stirling, Sat. Sept. 21, 2-5 pm, \$30**  
Vibrational energy is the core of all that exists. Your personal vibration affects your relationships, work, health, and finances. Linda will teach you simple steps to change any vibration that needs to resonate with more vitality. You'll experience how you can immediately change to the vibration that accelerates your growth. Linda Stirling, author of *Confessions of a Sunday School Psychic*, lives in Washington. [YourLovingSpirit.com](http://YourLovingSpirit.com)

### Navigating Change in Your Life

**Gabi Schoening, Sat. Sept. 21, 6:30-8:30 pm, \$20**  
As the vibrations on this planet are becoming lighter we are going through a personal process of purification and initiation. Learn tools to stay centered in the middle of change or challenge and access your inner guidance and receive support. Gabi Schoening is an intuitive and energy worker. She just returned from Hawaii, where she lived for 2 years facilitating groups for powerful quantum transformations. [DoorToTheLight.com](http://DoorToTheLight.com)

### SoulCollage® Working With Your Animal Guide

**Suzie Wolfer, Sun. Sept. 22, 12-4:30 pm, \$60**  
We all have animal guides that reveal our Organic Intelligence. Using SoulCollage®, you will begin a long and fascinating partnership with your animal guides and their practical and profound wisdom. All materials are provided. All levels welcome. Suzie Wolfer, LCSW, delights in her 23 years as a psychotherapist, integrating her training in traditional therapy as well as metaphysics and mindfulness into her workshops. [SuzieWolfer.com](http://SuzieWolfer.com)

### NCX Wellness Night Guided Hypno-Chakra Therapy with 9 Singing Crystal Bowls

**Nicole Vanderhoff, Tues. Sept. 24, 7-9 pm, \$10**  
Hypno-Chakra Therapy combines hypnotherapy, chakra balancing and sound healing from sacred healing instruments. These high vibrational sessions strengthen your connection and alignment to your divinity within, allowing for your greater potential to shine. The singing crystal bowls have a deep reverberating vibration to clear out blocks, stagnation and dissonance from your being, leaving you feeling rejuvenated. Please bring a mat/blanket. [TrinityHealing.com](http://TrinityHealing.com)

### Awakening True Bliss

**Matt Kahn & Julie Dittmar, Fri. Sept. 27, 6:30-8:30 pm, \$20**  
Have you discovered the endless bliss within you? Would you like to explore the true meaning of bliss and understand its role in the awakening of consciousness? If so, join Spiritual teacher, Matt Kahn and Meditation Guide, Julie Dittmar, to awaken true bliss and celebrate the joy of living from an open, loving heart. If you yearn to return home to the light of love, Matt and Julie invite you to be a part of this profoundly healing event. [TrueDivineNature.com](http://TrueDivineNature.com)

### So You Have a Book You Want to Self-Publish: Let Me Show You How!

**Connie Hill, Sat. Sept. 28, 10:30 am-1:30 pm, \$40**  
Do you have a book you want to self-publish? Let me share what I have learned in the process of publishing my own book, *Money Stories*. This workshop is appropriate for people who have a finished manuscript or are still working on their book or any where in between. Connie Hill is the author of *Money Stories* and leads our monthly Full Moon Drumming Circle. [GMNite.com](http://GMNite.com)

### Meeting Your Personal Spirit Guides

**Robert Zakian, Sat. Sept. 28, 2-5 pm, \$30**  
In this fun workshop you will have the opportunity to achieve the gift of knowing your personal guides. Robert will help you determine the best channel for your connection (visual, kinesthetic or auditory) then lead you on a journey of discovery. [AligningWithSoul.com](http://AligningWithSoul.com)

### Easy Feng Shui for Home, Business or Office

**Linda Cahon, Sun. Sept. 29, 11-1 pm, \$25**  
This workshop will give you the basics of Black Sect Tantric Buddhist Feng Shui, developed by Master Lin Yun as a fusion of classic Chinese beliefs and shamanic traditions from Tibet. Linda Cahon is a psychic counselor, healer and author of *Feng Shui for Retailers*. [LindaCahon.com](http://LindaCahon.com)

Store Hours  
M-Th & Sat. 10 am-9 pm;  
Fri. 10 am-9:30 pm; Sun. 10 am-8 pm

# Events to Enlighten, Educate and Entertain

For full event descriptions and to register go to  
newrenbooks.com or call (503) 224-4929.

## September Events (continued)

### Activating the "Power of the Herd"

**Lauren Loos and Janet Hogue, Sun. Sept. 29, 2-5 pm, \$30**  
This dynamic workshop led by Lauren Loos and Janet Hogue, will activate ideas presented by Linda Kahanov in her new book, *Power of the Herd*. Linda has given us tools to develop social intelligence and authentic power that create a form of shared leadership using the talents of the entire herd. *SpiritedQuest-Equine.com*



## October Events

### Creating Your Map for the Spiritual Journey of a Lifetime

**Jan Phillips, Tues. Oct. 1, 7-8:30 pm, \$12**  
In her new book, *Finding the On-Ramp to Your Spiritual Path*, author Jan Phillips imaginatively uses road signs to signify phases of the spiritual journey: Stop, Lane Ends, Yield, One Way, Crossroad and others. In this fun-filled forum, Jan will help you tap into your inner mystic and find that prophetic voice that is authentically yours, just waiting to be expressed. *JanPhillips.com*

### Drop-In Meditation

**Ean McClane, Wed. Oct. 2, 9, 16, 23, 30, 5:30-6:30 pm, FREE!**  
New Renaissance Bookshop is offering a free drop-in meditation session each week. Drop by after work and enjoy a quiet session of peace with like-minded people. Ean McClane has been practicing and teaching meditation for 15 years.



### Advanced Studies of the Human Aura: Charge Your Energy Field with Light and Spiritual Radiance

**David Christopher Lewis, Wed. Oct. 2, 7-8:30 pm, \$12**  
In his new book, *Advanced Studies of the Human Aura*, author David Lewis reveals that the aura is more than just a colorful energy field around all living things. It can be a powerful resonator for both personal and global transformation. David Lewis is an author, teacher, mystic and musical composer and co-founded The Hearts Center Community. *AdvancedStudiesoftheHumanAura.com*

### Dream Tracking the Indigenous Way

**John Lockley, Thurs. Oct. 3, 7-8:30 pm, \$15**  
Dreaming represents the oldest mystical and spiritual path in the world. Through live African drumming and Xhosa chanting, John will take participants on a mystical journey to the heart lands of their Ancestors. Plant medicine, dancing and rhythm work will also be addressed as a way of opening the heart and allowing the person to shine. John Lockley is a Xhosa Sangoma Medicine man from South Africa. *African-Shaman.com*



### The Living Letters of Mother Mary

**Barbara Beach, Fri. Oct. 4, 7-8:30 pm, \$12**  
Every being on Earth is in the process of moving from what Mother Mary calls the 3D world into the 5D world. Making this journey between the two worlds will take time and effort. In this forum, Barbara Beach, author of *The Living Letters of Mother Mary*, discusses how these Letters are truly alive. *TheLivingLettersofMotherMary.com*

### Enlightened Relief from Clutter Madness

**Bette Steffik, Sat. Oct. 5, 2-4 pm, \$25**  
There is a difference between "inspiring clutter" and "overwhelming stuff." If you are feeling emotional or even a little bit mad, get relief from the need to control and cling to the past from the viewpoint of the Chinese Five Elements System. *ShenMenFengShui.com*



### Introduction to Animal Communication

**Joan Ranquet, Sat. Oct. 5, 7-8:30 pm, \$12**  
Joan Ranquet returns to offer an evening filled with fun and poignant animal communication stories. Joan will teach you how to use telepathy (transference of pictures, words and feelings) while leading a group telepathic session. Joan Ranquet is the author of *Communication with All Life: Revelations of an Animal Communicator*. *JoanRanquet.com*

### Animal Communication Workshop

**Joan Ranquet, Sun. Oct. 6, 1-5 pm, \$40**  
This workshop will move you into the actualization of animal communication, heightening your telepathic abilities to send/receive messages using pictures, words and feelings. Please bring pictures of your animals to communicate with. *JoanRanquet.com*



### NCX Wellness Night The New Medicine: Vitality!

**Dr. Amanda Hoffman, Tues. Oct. 8, 7-9 pm, \$10**  
Feeling old, tired or toxic? Ready to look and feel youthful and vibrant? Dr. Amanda Hoffman, naturopathic physician, shares the secrets she has found to keep herself, her family and her patients looking and feeling their best. Learn about purification to the latest in plant and skin stem cell therapies offered mainly in Europe, surpassing the latest in U.S. anti-aging medicine. *CalypsoNaturalClinic.com*

### The Tao of Weight Loss

**Alfonso DeRose, Fri. Oct. 11, 6:30-8:30 pm, \$20**

Obesity has its roots inside your mind. It's not what you eat but what you think. In his new book, *Make Love with Food and Lose Weight*, Alfonso DeRose offers personal freedom from guilt, shame, and the release from a love/hate relationship with food. Alfonso DeRose is a true spiritual master instrumental in transforming the lives of thousands worldwide. *AlfonsoDeRose.com*



### Godness Save the Queens: Invoking the Queens of Tarot and Calling them Back into Our Lives

**Alynn Halvorsen & Marilee Franklin, Sat. Oct. 12, 10:30 am-1:30 pm, \$35**

Who are the Queens of Tarot and what gifts do they offer? In this class we will visit with each of the Queens and discover their essence through hypnosis and archetypal study. Which Queen do you embody? *ButterflyRiver.com*

### The Ultimate Form of Self-Empowerment: Setting Clear & Healthy Boundaries

**Anna Abraham, Sat. Oct. 12, 2-5 pm, \$30**

The ability to identify, set and maintain positive boundaries will liberate you from unhealthy patterns and empower you to attract people and things which inspire confidence and happiness. The art of discernment and practicing healthy boundaries is Energy Protection at its finest. *MasterEnergyHealer.com*



### How to Use Your Hands to Heal: Therapeutic Touch and the Human Energy Field

**LaVonne Cross, MTP, Sat. Oct. 12, 7-8:30 pm, \$15**  
Therapeutic Touch™ is a scientifically based healing practice in which the human being is viewed as a complex, dynamic whole and healing is seen as the means of restoring integrity of the body, mind, emotion and spirit. You will learn the basics of TT: Centering, Assessment, Directing, and Modulating the energy field, how to perform TT and also be a recipient of healing. LaVonne Cross has been teaching and practicing TT since 1979; is a Health Educator for Kaiser Permanente.

### The Fine Art of Becoming the Right Person

**Genevieve West, Sun. Oct. 13, 2-5 pm, \$30**  
Are you preparing yourself for becoming a spouse?

In this workshop, Genevieve West will show you how to become not only a contented and fulfilled single but how to prepare yourself to become a happily married person. Genevieve West is a Professional Matchmaker. *GenevieveWestMatchmaker.blogspot.com*



Events & Readers continued on next page.

## New Renaissance Books, Gifts & Events For Conscious Living

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## September-October Readers



### Anna Abraham, Chakra, Tarot and Archangel Readings

**Sept. 2, 9, Oct. 7, 14, \$85/hr. or \$55/half hr.**  
Anna sees into the visionary portals of the chakras and offers transformational readings combining chakra visions, mystical insights of the Tarot and the light inspired guidance of the archangels to help you on your soul's journey. *MasterEnergyHealer.com*



### Luis Navarrete, Matrix Energetics Sessions

**Sept. 3, 16, 25, Oct. 1, 8, 23, \$90/hr. or \$45/half hr.**  
Matrix Energetics is a powerful consciousness technology using quantum physics to transform one's life, health, career, family and relationships. Instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels becomes easy and fun. *Luis-Infinite-Universe.com*

### Brother Ed Del Arroyo, Akashic Readings

**Sept. 3, 4, 13, 24, 25, Oct. 1, 2, 21, 27, 29, \$135/90 min.**

Brother Ed Del Arroyo draws cosmic information from a variety of sources, like your Akashic Records, spirit guides, ancestors, astrology and past lives, so that you can get what you need for closure and progress in health, relationships, and overall evolution. *RootOfTheLotus.com*

### Lauren Balin, Intentional Astrology

**Sept. 4, 12, 20, Oct. 2, 22, 31, \$150/90 min., \$125/hr. or \$65/half hr.**

Intentional Astrology will help you discover and activate your deeper potential. A reading will provide you with a greater understanding of your unique nature and will help you make more empowered choices. *IntentionalAstrologynet*

### Ralph Gardner, Intuitive Readings

**Sept. 5, 11, 23, 30, Oct. 3, 15, 18, 24, 29, \$100/hr. or \$60/half hr.**

Ralph uses his gifts of clairvoyance and intuition to align with your Guidance providing images and messages offering clear, concise directions. He will engage with you a powerful clarity enabling you to move forward in your life's direction.

### Carin, Psychic Readings

**Sept. 5, 10, 12, 21, 26, Oct. 5, 11, 16, 25, 30, \$111/hr. or \$60/half hr.**

Carin Kvinge is always compassionate and upbeat. She'll connect with your guides and hers to help you answer your deepest questions. *PsychicCarin.com*

### Jo Garceau, Shamanic Astrology Readings

**Sept. 7, 18, 30, Oct. 4, 19, 30, \$150/90 min. or \$115/60 min. or \$65/30 min.**

Shamanic Astrology is based on the idea of "As Above, So Below, As Within, So Without." Thus, during your reading we will utilize archetypal imagery to look at what life brought into life, your current gifts and challenges, your intent/purpose and what's keeping your life from it. *KnowingWoman.com*

### Jane Roberts, Life Purpose Hand Analysis Readings

**Sept. 8, 17, 28, Oct. 3, 9, 15, 23, \$110/hr. or \$65/half hr.**

Your formula for personal and professional fulfillment is written on your body in the form of your unchangeable fingerprints. If you have the courage to discover the answer to the question "Who am I?" and for all, come discover how your life is literally in your very own hands. Encouraging and inspiring. And, certified Hand Analyst, Jane Roberts, can guide you on your journey.

### Theresa Carmody, Sacred Circle Tarot and Relationship Readings

**Sept. 10, 15, 24, Oct. 8, 17, 20, \$125/hr. or \$65/half hr.**

Theresa has the ability to see into the realms of potential and discern information that assists you on your life path. To help with relationship questions, Theresa sees patterns of connection and ways to alter those patterns to create greater peace and harmony. *TheresaCarmody.com*

### Dawn Lianna, Intuitive Readings

**Sept. 14, 20, Oct. 5, 11, 25, \$125/hr. or \$65/half hr.**

Using her intuition, Dawn looks "in" clairvoyantly and uses the pictures, feelings and sounds she picks up to give you insight into your direction and purpose and answers to your questions. She has a fun, enjoyable style.

### Private Intuition Training

**Sept. 14, 20, Oct. 5, 11, 25, \$125/hr.**

Learn how to empower and follow through on your intuitive hits, trust yourself fully and connect with your guides and angels. Dawn teaches you how to open to your intuition and clear your core issues, so your intuition can flow better. *IntuitiveCallings.com*

## Readers

**Autumn Edwards, Energy Readings & Psychic Counseling Sessions**

Sept. 14, Oct. 12, 26, \$90/hr. or \$50/half hr.

Melding multiple traditions from shamanism to alchemy into a unique practice, Autumn Edwards uses an intuitive process to bring through universal energy for spiritual healing and psychic reading. AnahataMedicine.com

**Raina Rowland, Cards of Destiny Readings**

Sept. 19, 26, Oct. 24, \$110/hr. or \$55/half hr.

In a session with Raina the Destiny Cards reveal past, present and future information about your life, including love, finances work and health. MagiCardsOfDestiny.com

**Kelly Davidson, Astrological Consultations**

Sept. 19, 21, 23, 29, Oct. 6, 16, 26, 28, \$150/90 min. or \$125/60 min. or \$65/30 min.

Depending on the nature of your question, or particular challenge, Kelly will interpret the astrological influences currently affecting your life, show you how to recognize and utilize the opportunities that are coming your way, and align yourself with planetary influences.

**Paul Richard, Evolutionary Astrology with Tarot Readings**

Sept. 27, Oct. 12, 18, \$150/90 min., \$125/hr. or \$65/half hr.

Combining both astrology and tarot in his readings Paul helps you to hear the deepest longings, messages and wise guidance of your Soul as you face the challenges of the present and seek your highest good for the future. PaulRichard.com

**Judith Hill, Astrological Readings**

Oct. 10, \$160/hr. (includes 2 hours of prep time)

An internationally recognized scholar, author and researcher, Judith offers you expert vocational, natal, spiritual, medical or transit readings. JudithHillAstrology.com

## October Events (continued)

**Emotional Intelligence: Discovering How and Why this is Running Our Lives**

Eric Altman, Tues. Oct. 15, 6:30-8:30 pm, \$20

This evening is about slowing down, optimizing awareness, and drawing attention to the heart and our embodied experience. Eric will be leading a meditation to create an environment for growth, followed by dialogue about how our emotional intelligence influences our perception and affects decision making. He will be offering grounded simple practices to draw attention to the heart and deepen awareness. EricAltman.com

**Develop Your Seven Chakras Using Mantras**

Terry McGill, Wed. Oct. 16, 7-8:30 pm, \$12

Tonight learn how to transform any area of your life by developing the seven chakras. We will learn and practice simple Chinese mantras to develop the seven major chakras and one secret chant for rejuvenation and enlightenment. IWillHealMyself.com

**The Dynamics of Mars and Venus: Exploring Love and Attraction in the Natal Chart**

Kelly Davidson and Raina Rowland, Thurs. Oct. 17, 7-8:30 pm, \$15

Relationships are the epicenter of our lives. With the Full Moon in Aries and the Sun in Libra this month, the Astrological theme is "I Relate". Kelly and Raina explore the effects of Mars and Venus in the Natal Chart and how it relates to the male and female energies being expressed in your relationships.

**Full Moon Drumming Circle: For Peace and Healing**

Connie Hill, Fri. Oct. 18, 6:30-8:30 pm, \$12

Drumming helps clear and shift energy, and helps release what is no longer needed in our physical, mental, emotional, and spiritual bodies. Bring a drum, rattle or other percussion instrument. GfMnite.com

**The Sacred Art of Singing**

David Eby, Sat. Oct. 19, 10:30 am-12:30 pm, \$20

What is it that truly happens when we sing? Learn specific techniques that lead us into a deeper experience of Divine Inspiration through singing and chanting. David Eby music director for Ananda Worldwide, has been directing choirs and teaching singers how to attune themselves with the Divine for the past 15 years. JoyfulMusician.wordpress.com

**Discovering Your Money Story: Moving Toward a More Abundant Life**

Connie Hill, Sat. Oct. 19, 1-4 pm, \$40

What is your relationship with money? How does it influence your emotional, spiritual, and material life? We will look at our personal money stories and our money archetypes. We'll investigate where we have come from and look at where we want to go. GfMnite.com



## NEW RENAISSANCE

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## Special Guest Readers

**Martha Soria Sears, Aura Readings**

Sept. 1, \$120/hr. or \$60/half hr.

Our aura holds information about our spirit's journey through the ages. Martha was born with the ability to see auras. Your session with Martha can span any area of life, present, past, future, and even past lives. Come and find out what your Aura is saying about you and your life's journey. NSTransformation.com

**Margaret Ann Lembo, Angel Gemstone Oracle Card Readings**

Sept. 6, \$65/half hr. or \$120/hr.

Using her own Angel Gemstone Oracle Deck, and an assortment of magical and beautiful gemstones, Margaret Ann and the angels will help you gain clarity, confirmation or guidance on a life issue or challenge. MargaretAnnLembo.com

**Rebecca Singer, Energy Readings based on Shamanic Healing Practices**

Sept. 7, \$125/hr. or \$65/half hr.

Using her hands as auric sensors Rebecca is able to observe the energy flow in and around your body and bring back information to you regarding physical, healing, ancestral or karmic issues and life purpose. ShamanicEnergy.com

**Katrina Wynne, Tarot, Lenormand and Dream Analysis Sessions**

Sept. 16, 17, \$100/hr. or \$60/half hr.

Katrina combines over 40 years' experience with the Tarot and other metaphysical traditions with 25 years as a mental/spiritual health counselor to support your most wonderful life. With wisdom and compassion, she assists you in integrating the challenges and blessings from your session. TarotCounseling.org

**Linda Stirling, Intuitive and Past Life Readings**

Sun. Sept. 22, \$125/hr., \$70/half hr.

Linda has the ability to zero in on the core issues you need to resolve for wholeness and to quickly see one or more of your past lives. As a spiritual healer, she can help you resolve issues you may be carrying that affect your well-being or that needs to be addressed for the elevation of your soul. YourLovingSpirit.com

**Gabi Schoening, Intuitive Healings, Psychic Reading and Energy Work**

Sept. 11, 13, 28, Oct. 9, 17, 22, 31, \$100/hr. or \$50/half hr.

Gabi Schoening is a Master Energy worker. Guided by her intuition and experience she will help you understand the patterns in your life and remove energetic blocks. Gabi Schoening just returned from Kauai/Hawaii, "the temple of the earth", where she lived for 2 years facilitating groups for powerful quantum transformations. DoorToTheLight.com

**Ailyn Halverson, Tarot Consulting and Angelic Readings**

Sept. 28, Oct. 4, 19, \$111/hr. or \$65/half hr.

Ailyn is certified in Angelic Healing and Angelic Readings along with the Tarot. With insight and compassion, Ailyn helps you explore the deeper issues and messages that arise from your session with the Tarot and to find the blessings and lessons in your situation. Ailyn has been reading the Tarot for the last 30 years. ButterflyRiver.com

**Aurora, Energy Healing, Past Lives, Psychic Intuitive**

Oct. 13, \$130/90 min., \$90/hr. or \$45/half hr.

Working with light beings, Aurora helps clarify your purpose and potential for this incarnation. She answers personal questions, past lives, and helps you move forward. Aurora is a highly sensitive intuitive and energy healer. Once a month she hosts a Metaphysical Fair at New Ren.

**Easy Intuition: Using the Pendulum to Connect with Your Deepest Knowing**

Jennifer Wohl, Sat. Oct. 19, 7-8:30 pm, \$15

Wouldn't it be nice to have instant access to a wise guide who could help you make better choices? The pendulum is such a guide and is available to anyone who knows how to use it. You will learn how to make your own pendulum, how to "program" it, what questions to ask it and tips. JenniferWohl.com

## Finding Purpose in the Second Half of Life

Judith Auslander, Sun. Oct. 20, 1-5 pm, \$40

We've heard of our Inner Child but what about our Inner Elder? This workshop explores the process of Sage-ing, a way of living the second half of our lives joyfully, with deep meaning, purpose and fulfillment. It involves cultivating personal and spiritual growth, developing new passions and forms of service.

**Spiritual Healing & Psychic Defense**

Jacquie Fruttero, Tues. Oct. 22, 6:30-8:30 pm, \$20

Archangel Raphael is the Archangel of Healing. Please join us for energy balancing, clearing, and deep healing. Archangel Michael will share his technique for releasing entities, psychic attacks and spiritual attachments. GSI-healing.com

**Divine Light Transmission**

Paramahansa Jagadish, Thurs. Oct. 24, 6:30-8:30 pm, \$15

Paramahansa Jagadish returns to Portland and New Renaissance Divine Light Transmission is Paramahansa Jagadish's unique ability to tap into the loving energy of the Divine and to transmit that energy directly to the participants in the room. Paramahansa Jagadish is a lineage holder of a rare sacred tradition of India, who generously shares his astounding gifts for profound healing through divine love, spiritual awakening and palpable blessings that deepen people's relationships with the Divine, Jagadish.org

**Multidimensional Sacred Energy Healing**

Paramahansa Jagadish, Fri. Oct. 25, 6:30-8:30 pm, \$30

All will experience a cleansing and balancing of their physical and subtle bodies while being energized with the Divine Energy. Paramahansa Jagadish assists directly with opening and activating your personal channels to all the higher dimensions of your Higher Self Nature resulting in quantum spiritual advancement for everyone. Jagadish.org

**Divine Mother Transmission**

Paramahansa Jagadish, Sat. Oct. 26, 6:30-8:30 pm, \$30

Divine Mother transmission is the unique ability to tap into the loving energy of the Divine Mother and transmit that energy directly to the participants in the room. Jagadish's work awakens your heart to experience Divine Grace — the source of all transformation, healing and release from undesired patterns. Jagadish.org

**Divine Heart Activation**

Paramahansa Jagadish, Mon. Oct. 28, 6:30-8:30 pm, \$30

Jagadish will clear your negative content such as doubts, worries, and fears and replace them with the Divine Love and Bliss of a sacred heart. All in this intensive will also receive deep multi-dimensional healing. Jagadish.org

**NCX Wellness Night Color Therapies**

Martha Soria Sears, Tues. Oct. 29, 7-9 pm, \$10

Join us for an evening of fun and learning as we use color crayons, colored lights and color materials and learn to apply them to improve health, emotions, problem solving, and even improve finances. NSTransformation.com

## November Events

**After the Funeral: Rituals for Healing Grief and Loss**

Jennifer Wohl, Sat. Nov. 2, 2-4:30 pm, \$25

After a significant loss, the funeral often marks the beginning of an intense grieving process, not the end. Participants will have the opportunity to reflect, remember and reminisce about their deceased loved one. We will use meditation, poetry reading, photo sharing, personal reflection, and experiential exercises to create space for people to heal the pain of loss. JenniferWohl.com

**Lenormand Cards: Classic Cartomancy**

Katrina Wynne, Sat. Nov. 2, 6:30-8:30 pm, \$20

Lenormand cards are sweeping the US, as the hottest new reading deck and style. This classic cartomancy system of 36 cards, popularized by the

French court of Napoleon, have been used as a fortune-telling system for hundreds of years in Europe. TarotCounseling.org

**North Node: Uncover Your Hidden Gifts**

Kelly Davidson and Raina Rowland, Sun.

Nov. 3, 2-5:35

The North node in your astrological chart is like discovering that your life is treasure map. In this workshop you will learn what hidden treasures the North node has in store for you.

# StarScope by Emily Trinkaus



Emily Trinkaus

## Let Go to Grow

**F**all equinox on Sept. 22 marks the midway point of the astrological year—a time to reassess, balance out and integrate what you started in the spring. “Let go to grow” is the guiding principle this fall. Shed the layers of self that no longer feel authentic to free up vitality for the commitments and priorities that truly matter.

The energy heats up at the Aries lunar eclipse on Oct. 18—an especially potent and feisty full moon that catalyzes themes of desire, assertion, individuality and courage. If you find yourself blaming or resenting others, pull back your projections and take the initiative to pursue your passions. Look for insights into the essence of what you want, and identify small, practical steps forward.

Mercury retrograde in Scorpio on Oct. 21 to Nov. 10 pulls your attention inward to clarify what needs to be released, transformed or regenerated.

## Personal Sun and Ascendant Messages

### Aries (March 21–April 19)

The lunar eclipse in your sign marks a turning point in your ongoing personal revolution. Some confusion is possible, especially when it comes to work and service. Surrender the need to see the future clearly, and instead focus on the next step in front of you right now. Healthy routines and self-care habits will help you stay grounded in the present moment and trust in your perfect and perfectly mysterious unfolding path.

### Taurus (April 20–May 20)

Make the most of the juicy creative energy available to you by setting clear goals and committing to a regular artistic practice. Writing is particularly energized—you’ve got a powerful message and cosmic support to reach a bigger audience. Marketing, publishing, promotions, networking and attracting new allies are auspicious for you—go for it!

### Gemini (May 21–June 21)

October’s eclipse stirs up questions about your desires for the future—are your long-term goals aligned with your passions? Do you feel excited about where you’re headed? If not, the eclipse opens the way for a course correction. Mercury retro brings attention to your work life, which is also up for reexamination and regeneration. Work that doesn’t feel soul-fulfilling may feel very draining.

### Cancer (June 22–July 22)

Changes in your career that have been brewing behind the scenes are now ready to come to light. Trust that you have the inner and outer resources to take a risk in the direction of your desire. Remember that you are the source of your own security, and you have the power to create your most fulfilling future. What feels like a helpful compass for navigating your next step.

### Leo (July 23–August 22)

You’re being called to embrace a deeper, more authentic expression and expression of freedom. Trusting your present-time desires, and letting go of what no longer excites you, are key steps in the process. Take time to discern what you want and what you need, and be as detailed and specific as possible. Be aware of how your old stories about what’s possible may be holding you back.

### Virgo (August 23–September 22)

Previously ignored, denied or repressed desires are rising into awareness and demanding attention. You may become aware of ways that you’ve sacrificed what you want in order to appear “nice” or accommodate others. Now it’s time to restore balance, and give voice to what you want. Developing your communication skills when it comes to asserting your passions is your Mercury retro assignment.

### Libra (September 23–October 23)

In your ongoing relationship revolution, October’s eclipse presents an opportunity to radically free yourself from

patterns of relating that have sapped your vitality and dampened your desire. Be open to unconventional, experimental approaches and be willing to navigate by instinct rather than logic. Finding yourself in totally unfamiliar territory is a sign that you’re on the right track.

**Scorpio (October 24–November 22)**  
Mercury retrograde in your own sign slows down momentum while stirring up fundamental questions about who you’ve been and who you want to be. There may be an undertaking from the past that wants to be completed or resolved before you can get clarity about how to move forward. You might also consider revising your outlook—where are you seeing situations in a way that’s more complicated than necessary?

**Sagittarius (November 23–December 21)**  
Mercury retrograde in your own sign brings up new insights into how to bring more of your creative passion into your work life. If you can’t yet see the exact steps to take to make it happen, start with clarifying how you want to feel—passionately engaged, open-hearted, inspired? Trust that if you start with cultivating the feeling as a daily practice, the practical details will fall into place.

**Capricorn (December 22–January 20)**  
You’re ready for a new personal mythology, an updated version of who you are at the core, where you come from, and what kind of future you’re capable of creating. The story that you align yourself with—through your thoughts, beliefs and moment-by-moment actions—will better support you in creating success than trying to adapt your path to fit anyone else’s version of reality.

**Aquarius (January 21–February 19)**  
Your usually sharp intellect is turned up a notch and your words have even more power to move the masses. Clarify your healing, transformational message and be precise in how you direct your thoughts and language. Don’t let excitement or impatience about getting your message out propel you forward too hastily—it’s worth taking your time to work through the details.

**Pisces (February 20–March 20)**  
Your essential needs and desires rise into awareness and call for attention and expression. What has been denied or sacrificed may appear in the form of needy and demanding people in your life. Better to own, honor and give voice to your needs and desires—and be specific—rather than trying to appease others’ demands. It might take some discernment to sort out your own desires from what others want.

Emily Trinkaus, author of *Creating with the Cosmos*, offers astrology readings and classes, including an apprenticeship program. Read her astro-blog at [www.virgomatic.com](http://www.virgomatic.com), and learn about her monthly full moon teleclass at [www.fullmoonpriestess.com](http://www.fullmoonpriestess.com).

## The NEW CONNECTION Astrology Forecast

# AstroMark by Mark Dodich



Mark Dodich

## Blending Play and Work

**T**he planets are cooperating to provide a pleasant beginning to the fall season. Make time for fun and creative pursuits now. Life gets a bit more complicated after the Oct. 18 lunar eclipse, so take advantage of the tail end of summer while playful energy is still available.

Part of the harmonious energy in September continues from summer’s feminine water sign emphasis. Planets moving through Cancer, Scorpio and Pisces continue to offer you nurturing if you create space for receptive, feeling-oriented activities. For those of you who found summer’s emotional activation to be disconcerting, take comfort in knowing that your needed catharsis has the opportunity to heal now.

Early September helps you take action on your list of projects that did not get completed during the too short summer. Then, during the days surrounding the Sept. 22 autumnal equinox, your productivity and/or healing kicks into high gear. Dwarf planet Ceres, the Mother Earth harvest goddess, supports both business projects and personal healing during the latter half of the month.

At the same time, temple goddess Vesta (an asteroid) desires to pull back from the world and focus on spiritual service. Make time for both inner work and outer world goals. Bigger projects are supported in early September, and short projects are favored when quick-paced Mercury becomes active in mid-September.

Sept. 11-18 brings a highly karmic combination. Saturn calls you into a higher level of responsibility when it aligns with the spiritual destiny north node. Saturn brings out your wise elder, pushing you beyond your comfort zone into higher service.

The north node is a sensitive point, now at eight to nine degrees Scorpio, where your spiritual mission is more important than the ego needs of the personality. Get hints about what this means for you by remembering the growth-related events of your life the last time these karmic points aligned in spring 2002 and early winter 1991.

Spring 2002 brought the beginning of the Afghanistan War, and now it is winding down. FBI agent Robert Hansen was convicted of selling secrets to Russia then, and now we have NSA leaker Edward Snowden. Queen Elizabeth, the Queen Mother, died in spring 2002 to end an era, and now a new era begins for the royals with the birth of Prince George.

Mars and Venus, the relationship planets, are tied to September’s destiny combination. Part of this can be just plain fun as romantic Venus travels through randy Sagittarius, Oct. 7 through Nov. 5. Sexual Mars is in heart-opening Leo until mid-October, so there is plenty of fiery enthusiasm to go around.

Put forth extra effort to meet new friends, lovers and potential business partners now. However, give new relationships the

test of time because party energy does not necessarily mean that new acquaintances will stick around when the work part of relationships begins. Ambitious Mars moves into hard-working Virgo for six weeks on Oct. 15, signifying a cycle of putting effort into that which works and releasing that which was only a temporary amusement.

The full moon on Oct. 18 is the first lunar eclipse in Aries/Libra since 2006. It comes just to tease you a little bit. Pay attention to early premonitions of relationship shifts that are coming in 2014. This emotional eclipse provides prophetic insights into the way you balance individuality and partnership needs. Part of you wants to go it alone and the other part wants partnership, and that is true in both personal and business relationships.

As if that is not enough to keep you busy in October, another Mercury retrograde cycle starts on Oct. 21. The messenger god moves backward in shadowy Scorpio until Nov. 10. Last November’s Mercury retrograde, also in Scorpio, brought the General Petraeus affair to light and set the stage for the shootings in Connecticut.

Hopefully this communications breakdown cycle will be more kind this year. In any case, double check your holiday plans. Consider purchasing the level of airline ticket that can be changed without incurring excessive charges.

And finally there is Halloween. The moon will be in social Libra for this holiday, so don’t spend the holiday alone. Libra also loves sugar, so be kind to your kidneys and adrenals by remembering that the keywords for Libra are balance and moderation.

There is also a private and introspective aspect to this holiday when the veils between this world and what lies beyond are at their thinnest. The lunar eclipse on Oct. 18 is followed by a Scorpio solar eclipse on Nov. 3. The two weeks between eclipses dredges up hidden emotions in order to help you connect with the deepest part of your being. Blend social and private needs in late October.

For now, take advantage of the opportunity to blend play and work. Be aware: There are changes coming to your love and money life at the end of the year.

Mark Dodich has been a professional astrologer and intuitive consultant since 1980. His specialties include natal astrology, Astrocartography® relocation maps and seven ray spiritual purpose astrology. Receive his free AstroMark newsletter and download a free Basic AstroMark Primer at [www.astromark.us](http://www.astromark.us) or call 503-252-1558.

## Watch the Astrology Forecast

### Astrology tip for fall:

Take time to let your creative juices flow. Then you’ll be ready to re-evaluate your relationships and strike out in a new direction.

Using a QR code reader app on your smartphone, scan the QR code with your phone’s camera. Or watch online at [www.newconnectionjournal.com](http://www.newconnectionjournal.com).

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## Astrological Paths of Intimacy

By Adam Gainsburg

To be intimate is one of the more challenging experiences for many of us. Intimacy is difficult because we've trained ourselves to lead our lives through our heads and our need to first know: "What am I getting into?"



Energetically, intimacy is the experience of seeing and being seen nakedly, behind our defenses and self-images. The old play-on-words is still a great way to remind ourselves what intimacy brings about: IN-TI-MA-CY = In to me you see.

At a higher level, intimacy's function is to unify who we perceive we are with who we perceive the other person is. And to do so in the space of our hearts, the heart in which we feel most deeply and most honestly.

When we experience the magic of union with another person, with nature, with our beloved planet or even with the entire universe, we become a conduit for love itself. The need to know, "What is happening?" drops away. Our inner sense of ourselves is released from the ego and finds a natural fit with the other, and we experience ourselves instead as a cresting wave of energy or intelligence.

Through astrological sign energies, we are able to understand the paths of intimacy. Astrological signs show us "the fruits of" our authentic intimacies. Once we're each safe to be vulnerable with our partner, there is a beautiful, emergent quality that arises within our heart. It is at that moment that we have the opportunity to share this cellular blessing with our partner by simply allowing it to arise and be felt with an open heart.

In this place, we discover who our intimate self really is.

Adam Gainsburg is an astrologer and co-author of the anthology *27 Flavors of Fulfillment: How to Live Life to the Fullest!* He presents workshops in Portland on Nov. 7 at New Renaissance ([www.newrenbooks.com](http://www.newrenbooks.com)) and on Nov. 8 at the Oregon Astrological Assn. ([www.oregonastrology.org](http://www.oregonastrology.org)). Visit [www.soulsigns.com](http://www.soulsigns.com).

SIGN	REQUIREMENT	EMERGENT QUALITY
♈ Aries	A partner to match or accept one's own level of activity/power/freedom.	Easefulness; a slowing down; letting go into joy of being together without need to compete; being met.
♉ Taurus	A partner to entrust and rely on; who can love and be loved sensually, loyally and deeply.	Experience of giving/receiving coming through one, rather than originating from oneself.
♊ Gemini	A partner who can loves learning and use of the mind; quick-witted, informed and without seriousness.	Quiet clarity or joyful acceptance; easefully remaining present rather than mentally jumping; possibility of true commitment.
♋ Cancer	A partner who can receive nurturing and love; who can affirm one's emotional security.	Deep receptivity; emotional experience can become like paints with which we co-create beauty and truth together; awakens our ability to be nurtured ourselves.
♌ Leo	The adoration, attraction or desire of another.	Two equal powers meeting; not being threatened by or needy of other.
♍ Virgo	A partner who is non-judgmental; or who is 'serious about the sacred'; who is in tune with higher energies.	Healing; deep experience of relief and harmony with one another; access to more powerful realms.
♎ Libra	A partner's commitment to the relationship; honors, trusts, respects and listens; equality.	Full immersion into the loving power of a mutual bond, beyond normal reality.
♏ Scorpio	A partner who is direct in what they want; who meets or exceeds the power of one's own passion, desire and insight; who accesses deep realms of experience.	Magic; tantric experiences; transformation and/or alchemy; empowerment.
♐ Sagittarius	A partner who loves adventures; who is free to roam; who is devoted to spiritual/higher reality.	Illumination/Samadhi; heart opens more to spirit, allowing more of the spiritual realm to enter.
♑ Capricorn	A partner who truly respects and honors one's knowledge, life experience and maturity.	Returning to the wisdom of innocence (non-ego attachment); experience of transcendence or transparency.
♒ Aquarius	A partner who is intelligent, unattached, and uniquely 'different' than the norm; who can track with one's own vision.	Embodiment; true love becomes possible from the heart (instead of the head only); tremendous creativity and innovation.
♓ Pisces	A partner who honors, understands and meets its empathic nature, visions, idealism; who gets one's own expansiveness.	Sovereignty; self-identity strengthens which increases how deeply one can feel, give and receive love. The Divine Child matures into the Divine Human Being.

# New RELEASES

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# NEW CONNECTION

## The Healing Readings of Edgar Cayce

By Kevin J. Todeschi

Edgar Cayce has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, he gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come.

Edgar Cayce

Edgar Cayce had the incredible ability to put himself into a sleep-like state by lying down on a couch, closing his eyes and folding his hands over his stomach. In this state, he was able to place his mind in contact with all time and space — the universal consciousness — and respond to questions. His responses came to be called "readings," and their insights offer practical help and advice to individuals even today.

While most known for his prophecies, the majority of the readings deal with holistic health and the treatment of illness. As it was at the time Cayce was giving readings and still today, individuals from all walks of life and beliefs receive physical relief from illnesses through information given in the readings. Based in Virginia Beach, Va., the Association for Research and Enlightenment (A.R.E.) is the nonprofit organization founded in 1931 by Edgar Cayce to research and explore the topics from his psychic readings.

In 1979, the *Journal of the American Medical Association* said that "The roots of ... holism ... go back 100 years to the birth of Edgar Cayce." Cayce saw total health as involving coordination among the physical, mental and spiritual components of life.

Any complete approach to health needed to consider an individual's entire being rather than simply the illness. Because of this concept, it has been said that the beginnings of present-day holistic health started from the readings of Edgar Cayce.

Kevin J. Todeschi is the executive director and CEO of Edgar Cayce's Association for Research and Enlightenment (A.R.E.). Visit [www.edgarcayce.org](http://www.edgarcayce.org).

## Apple Cider Vinegar (and Salt) Pack

The Edgar Cayce readings mention apple cider vinegar in more than 100 documents, recommending it as an application for massages and packs (usually combined with salt) for arthritis, broken bones, injuries, joint pain, sprains, strains and sunburn.

Vinegar was used as an antibiotic and antiseptic in ancient times by the Egyptians, Greeks and Romans. If produced from whole, good-quality apples not treated with toxic chemicals, apple cider vinegar contains healthy enzymes, amino acids, vitamins and minerals.

To use as a remedy, bathe the painful area with the apple vinegar; then apply a cloth or a towel rung out (not entirely dry) with vinegar and lay it on the skin. Apply once or twice a day for 10 to 15 minutes. After 24 hours following the injury, you may add heat to the pack with an electric heating pad or a hot salt pack.

According to the Cayce readings, a detoxifying effect is produced in the body by this application.

— Elaine Hruska, author of *Edgar Cayce's Quick & Easy Remedies*

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NEW CONNECTION September/October 2013



## Reader's Choice

Join the Reader's Choice Club and review books and CDs for New Connection. The products you review are yours to keep—our way of saying thanks for volunteering and providing this valuable service. The club meets bimonthly to share insights on books and CDs reviewed. Email editor@newconnection.net for details.



**Prosperity and the Light**, Diane Stein, A.R.E. Press, 2013, \$15.95  
Abundance and prosperity are tricky topics in the spiritual community. Some seekers believe that money and spirituality don't mix, and that less is more on the spiritual path. Others follow the law of attraction, striving to manifest all of their worldly dreams. In the middle lies Diane Stein's *Prosperity and the Light*, a practical, down-to-earth and entirely doable financial creed for living a life of grateful abundance. Learn how to tackle sabotaging money beliefs and become a flowing river of abundant resources with this gem of a book.

— Vicky Thompson



**Infinite Energy Technologies**, Finley Eversole, Inner Traditions, 2013, \$18.95

The global need for clean and renewable energy increases, but we're not seeing readily available large-scale solutions. Finley Eversole believes that it's time to look to the geniuses of our past and the visionaries of our future for answers. He believes that it is possible to have a pollution- and poverty-free future of infinite energy. Eversole enlisted a dozen like-minded people to contribute chapters about a chosen genius/visionary or energy concept. Water, anti-gravity, electricity, cold fusion and more topics are explored. Most people have probably heard the name Tesla, but perhaps not Keely or Schuberger. The authors allege that the ideas and equipment created by the visionaries were suppressed and even destroyed by the status quo: governments, the scientific community and business interests. Eversole claims many people still have vested interests in the status quo. They don't want to have an educated and informed public knowing about energy solutions and the future potential to reduce costs of virtually everything we consume. World economics do indeed closely correlate to reliance on fossil fuels, limited "green" solutions and the question of nuclear energy.

— Alice R. Bernitsen



**Making Art a Practice**, Cat Bennett, Findhorn Press, 2013, \$16.95

Art is not just about pencils, paint and clay. Anyone who follows their creative passion is an artist. While drawing and painting are vital art practices for many, the definition of art has expanded to include video and installation, collage and scrapbook art, and even social media. We can all learn to lose our inhibitions and let our creative juices flow. Says author Cat Bennett: She shares 30 practices for making art a part of daily life. Like an encouraging teacher, Bennett inspires you to look at the world through a creative lens, and confidently let your artist flag fly.

— Vicky Thompson



**Supernatural: Writings on an Unknown History**, Richard Smoley, Tarcher/Penguin, 2013, \$12.95

Atlantis, Freemasonry, 2012 conspiracies, Nostradamus. These are some of the subjects *Supernatural* addresses in its collection of essays. Each essay provides a glimpse into what many call esoteric topics and some brush off as complete nonsense. An unbiased analysis is presented, illustrating how traditions outside of the Judeo-Christian paradigm have more historic impact than most of us realize. It also challenges scientific materialism, a world view governing much of the mind of the West. Readers with interest in subjects ranging from psychic powers to secret societies will find interest in *Supernatural's* explanations of the mysterious and the misunderstood.

— Kristy Musado



**My Animal, My Self**, Marta Williams, New World Library, 2013, \$15.95

For many of us, our pets are members of our family unit. No one would ever intentionally hurt their animal companions. However, unintentionally, we may be doing just that. In *Marta Williams' My Animal, My Self*, you learn how that very real connection between you and your pet works. Williams explains in-depth what every pet owner should know about how animals mirror us both positively and negatively. Delightful real-life stories throughout the book show how pet owners discovered exactly how their animals mirrored them (some owners even found that their animals acted like life coaches). The questions and exercises presented at the end of each chapter help readers delve deeper into their own relationships, past and present, with their animals. A longer questionnaire allows readers to create a case study of their individual animal relationships. A handy resource section on Dutch flower essence remedies gives you everything you need to create a healthier relationship with your pet. Calling upon her knowledge as a biologist and her intuitive ability to communicate with animals, Williams has created a well-written, engaging and thought-provoking book for animal lovers.

— Rasheno Nejad



**The Sexy Vegan Cookbook**, Brian L. Patton, New World Library, 2012, \$16.95

This is the first vegan cookbook that I have owned and I am delighted to tell you that it is one of the best cookbooks I have used. Patton is hilarious and keeps you laughing as you read through the titles of his recipes. Not only does his humor throughout the book keep you entertained, his recipes are delicious. Some of my favorite recipes are the Portly Fellow, My Girlfriend's Favorite Salad, Sexy Scramble and the Beet Down, to name a few. Yummy and totally vegan.

— Annette Epifanio

## Nurturing the Soul of Your Family

By Kim Corbin

Growing up in a chaotic home with a mother suffering from depression, Renee Peterson Trudeau, author of *Nurturing the Soul of Your Family*, knows the value of learning how to find peace even in the midst of mayhem.

**Q.** Why is *Nurturing the Soul of Your Family* needed right now?

**A.** More than ever, thousands of us are hitting the pause button and reflecting on what's really important in life. Due in large part to the economic recession, our worst since the Great Depression, we're realizing our external environment can change on a dime: job gone, house gone, investments tanked. And when we "thought" makes us happy, vanishes—where does that leave us?

Men and women—particularly parents—are doing more soul searching than we have in the past. We're ready for a new way of being. We want our lives, careers and relationships to have more meaning, to be more personally fulfilling. We want to feel more connected—to ourselves, to those we love and to humanity. We want to align our actions with our core values. And, we're desperately looking for teachings and tools to help us find this balance. Not in a "this would be nice" kind of way, but in an "I'm sick and tired" of feeling bad and having my sense of happiness come from "out there."

**Q.** Why is emotional well-being for families important to you?

**A.** My mom suffered from clinical depression and I grew up navigating a lot of chaos and uncertainty (part of this was due to coming from a family of nine). I never knew what to expect day-to-day and feelings of peace and harmony seemed

fleeting and far between. My emotional well-being was entirely dependent on what was going on around me. I was never taught that it's possible to experience inner peace even in the midst of disequilibrium. *Nurturing the Soul of Your Family* teaches parents an invaluable skill: to anchor within themselves and that they can experience happiness, harmony and well-being, even in the midst of mayhem.

**Q.** Why are the rates of depression, antidepressant use and stress (in adults and children) at an all-time high?

**A.** Most of us have bought into the A mindset (whether we know it or not) that we're self-improvement projects. These feelings of unworthiness, combined with unrealistic expectations about how life should be, can cause tremendous stress and anxiety in parents and in kids. We're messy, raw, unpredictable, beautiful human beings who are constantly growing, stretching, expanding and evolving. Conscious parenting and family work can be some of the hardest there is.

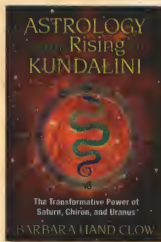
Also, our culture's over-emphasis on the "outer world," while paying very little attention to our "inner world," can be devastating. We need to work together to create a culture that advocates for the care and feeding of our hearts and souls, which is equally as important as caring for our bodies.

Learn more about nurturing parenting at [www.reneetrudeau.com](http://www.reneetrudeau.com).



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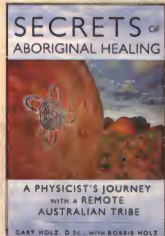
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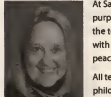
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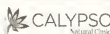
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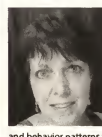
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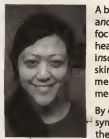
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## Communicating, from page 1



to avoid, especially at work. If it is going on around you, be aware. You have to have enough mindful awareness not to absorb all these kinds of suffering. You have to protect yourself with the energies of compassion

so that when you listen, instead of consuming toxins, you're actively producing more compassion in yourself. When you listen in this way, compassion protects you and the other person suffers less.

You absorb the thoughts, speech and actions you produce and those contained in the communications of those around you. That is consumption. So when you read something, when you listen to someone, you should be careful not to allow the toxins to ruin your health and bring suffering to you and to the other person or group of people.

To illustrate this truth, the Buddha used the graphic image of a cow that has a skin disease. The cow is attacked by all kinds of insects and microorganisms coming from the soil, coming from the trees, coming from the water. Without a skin a cow can't protect herself. Mindfulness is our skin. Without mindfulness, we may take in items we don't want to consume, items that can attack us.

## Relationships and the Right Food

Many of us suffer because of difficult communication. We feel misunderstood, especially by those we love. In a relationship, we are nourishment for each other. So we have to select the kind of food that we offer the other person, the kind of food that can help our relationships thrive. Everything needs food in order to continue — including love, hate or suffering. If suffering continues, it's because we keep feeding our suffering. Every time we speak without mindful awareness, we are feeding our suffering.

Often a romantic relationship begins very beautifully, but then because we don't know how to nourish our love, it begins to die. Communication nourishes the relationship. Every thought you produce in your head, in your belly — in China they say in your belly — feeds that relationship. When you produce a thought that carries suspicion, anger, fear, irritation, that thought is not nourishing to you or to the

## Possibilities, from page 1

we have never even considered.

In short, Petersen was explaining — from a function of systems — why others have counseled humanity to imagine ourselves richly and to consider others' needs. I suspect the answer will lie in what the Buddhists identify as compassion or dependent co-arising and what ecologists call sustainability.

Humans are designed to exercise free will and that is one of the reasons we can't entirely predict the future, but a semblance of the future is already present today, within each one of us.

J. Zohara Meyerhoff Hieronimus, D.H.L., author of *The Future of Human Experience*, is an award-winning radio broadcaster and activist. Visit [www.zoharaonline.com](http://www.zoharaonline.com). Excerpted with permission by Destiny Books at [www.destinybooks.com](http://www.destinybooks.com).

other person. If the relationship has become difficult, it's because we've nourished our judgment and our anger and we haven't nourished our compassion.

We should refrain from saying or writing words that aren't nourishing and healing. Sometimes one cruel utterance can make a person suffer for many years, and you will suffer for many years, too. In a state of anger or hate, you may say something that can be poisonous and destructive.

So we have to learn to feed our relationships with healthy communication. Love, respect and friendship all need food in order to survive. With mindfulness we can produce thoughts, speech and actions that can feed our relationships and help them to grow.

Thich Nhat Hanh, author of *The Art of Communicating*, is a Vietnamese Zen master with more than 85 published titles. Visit [www.plumvillage.org](http://www.plumvillage.org). Excerpted with permission by HarperOne, an imprint of HarperCollins Publishers at [www.harpercollins.com](http://www.harpercollins.com).



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## Lessons from the Hive for Healthy Communities

By Laird Schaub

In order for honeybees to survive cold winters, the workers surround the queen in a ball, conserving heat by dense packing. When the bees on the outside of the ball get cold, they rotate positions with those on the inside, so that all can survive. Although operating on a different time scale, healthy communities are rather like healthy hives.



Laird Schaub

Intentional community is an inclusive term for eco-villages, cohousing communities, residential land trusts, communes, co-ops, housing cooperatives and other projects where people strive together with a common vision.

Intentional communities come in all shapes and sizes, and share many similar challenges — such as defining membership, succeeding financially, distributing resources, making decisions, raising children, dividing work equitably and choosing a standard of living. Many wrestle with questions about right livelihood, spiritual expression, land use and the role of service in our lives.

At the same time, there is limited awareness of what others are doing to meet these challenges — and much to gain through sharing information and experiences with others exploring similar paths. The Fellowship for Intentional Community (FIC) nurtures connections and cooperation among community builders and their friends through publications, referrals and support services.

## Community Heart

If you conceive of a community as a living organism, there is a core of committed individuals that collectively comprise the heart. The relationship of the heart to the whole community is vital.

What does it take to maintain a vibrant community heart?

In a healthy beehive, there is exactly one queen at the center. If there are ever two they will fight until one dies or is driven out. If a hive loses its queen, it will try to make a new one (by feeding larva royal jelly). If the larva are too advanced to make this adjustment, the hive will die — unless the apiarist is able to intervene in time.

Communities, however, are more nuanced on the matter of leadership. To be sure, some have a single charismatic and inspirational leader, a la the beehive. While there is definitely trickiness in such groups to pulling off leadership succession without loss of vitality or dynamism — partly because strong queens tend to suppress the development of queen-like qualities among worker bees — it can be done if the reigning queen has sufficient awareness of the need to groom a successor, and there is enough quality material to work with among the disciples.

While the charismatic leader model is historically the most stable and long-lived in the sweep of the communities movement — think Oneida (John Humphrey

Noyes) and the Shakers (Anna Lee) — most groups involved in FIC today make decisions collectively, depending on the group's wisdom, rather than on the wisdom of any single individual.

This model (which is almost the exact opposite of the charismatic leader model) relates to the beehive in that there is a cadre of members who hold the leadership center, and in a healthy group the composition of the cadre rotates over time.

Further, it is the responsibility of those in the heart to judiciously invite the outer bees into the center, rather than expecting them to fight their way in, or to wait until the inner bees die off. Thus, a healthy heart will not pump a steady supply of nourishing blood to the entire corpus of the group, it will offer a permeable membrane



such that there is a clear pathway by which newbies (new bees) are able to become the heart.

Like with a hive, in a healthy community every bee need not be highly skilled, fully integrated into the group's culture or equally capable of leadership — they just need enough members with those qualities to establish a strong enough flywheel that the rest of the hive is pulled along. The leadership cadre, or heart of the group, needs to consistently articulate the community's common values and be walking their talk — incorporating those values into their everyday lives.

The core sets a tone. If the tone sounded is clear and melodious, harmony ensues, creativity flourishes and joy abounds. Friction leads to compassion and resolution — rather than brittleness and divisiveness. Newer folks will respond to the positive modeling like, well, a bee to nectar.

The key here is that in a healthy hive the core bees take the initiative in welcoming the outer bees into the opportunity to serve in the core — not to be drones (or clones), but to make their own choices about what frequency to buzz at and what flowers to frequent in service to the hive.

In community, it behooves us to be all we can be.

Laird Schaub, a member of Sandhill Farm community in Missouri, has been involved with the Fellowship for Intentional Community since 1986. Visit [www.ic.org](http://www.ic.org). Schaub is a keynote speaker at the Cooperative Communities & Sustainability Conference at Ananda College in Gaston, Ore. on Nov. 15-17. Visit [www.anandauniversity.org](http://www.anandauniversity.org).

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